

TECHNICAL REPORT
NATICK/TR-84/028

AD A142 690

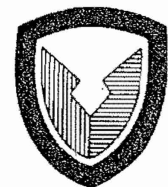
MODIFIED DIET RECIPES FOR ARMY MEDICAL FACILITIES

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JUNE 1984

UNITED STATES ARMY NATICK
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REPORT DOCUMENTATION PAGE		READ INSTRUCTIONS BEFORE COMPLETING FORM
1. REPORT NUMBER NATICK/TR-84/028	2. GOVT ACCESSION NO.	3. RECIPIENT'S CATALOG NUMBER
4. TITLE (and Subtitle) MODIFIED DIET RECIPES FOR ARMY MEDICAL FACILITIES		5. TYPE OF REPORT & PERIOD COVERED Technical Report
		6. PERFORMING ORG. REPORT NUMBER
7. AUTHOR(s) Jessie W. McNutt, Cynthia K. Townsend, Carol P. Shaw, Elizabeth S. Blair, and Mary V. Klicka		8. CONTRACT OR GRANT NUMBER(s)
9. PERFORMING ORGANIZATION NAME AND ADDRESS United States Army Natick Research and Development Center Ration Design and Evaluation Branch Natick, Ma 01760 STRNC-WTR		10. PROGRAM ELEMENT, PROJECT, TASK AREA & WORK UNIT NUMBERS 43146662002
11. CONTROLLING OFFICE NAME AND ADDRESS Ration Design, Food Engineering Laboratory US Army Natick Research and Development Center STRNC-WTR		12. REPORT DATE October 20, 1983
		13. NUMBER OF PAGES 432
14. MONITORING AGENCY NAME & ADDRESS (if different from Controlling Office)		15. SECURITY CLASS. (of this report) Unclassified
		15a. DECLASSIFICATION/DOWNGRADING SCHEDULE
16. DISTRIBUTION STATEMENT (of this Report) Approved for public release; distribution unlimited		
17. DISTRIBUTION STATEMENT (of the abstract entered in Block 20, if different from Report)		
18. SUPPLEMENTARY NOTES		
19. KEY WORDS (Continue on reverse side if necessary and identify by block number)		
RECIPES	CALORIES	PERSONNEL FEEDING
ARMY HOSPITALS	NUTRITION	FOOD SERVICE
DIET	DATA	
MODIFIED DIETS	MEDICAL FACILITIES	
MENU(S)	PATIENT FEEDING	
20. ABSTRACT (Continue on reverse side if necessary and identify by block number)		
<p>This report contains recipes suitable for therapeutic diet use in Army hospitals. Selection of the 124 recipes was based upon recipes found in the Armed Forces Recipe Service (AFRS) recipe file. Two hundred eighty-nine different modifications of these recipes are included. While the AFRS recipes are written for 100 portions, modified diet recipes, using a similar format, are written for 10 portions, with a capability of freezing most of the entrees. Food lists from the Nutritional Support Handbook, TM8-500, Headquarters, Department of the Army Technical Manual, October 1982, were</p>		

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essential to the development of the recipes. These lists specified foods allowed, portion sizes and the various special diets used in Army medical facilities. Nutrient content per serving is included as part of each recipe.

MODIFIED DIET RECIPES FOR ARMY MEDICAL FACILITIES

Part 1

The Project



PREFACE

This effort was undertaken in support of the U.S. Army Office of the Surgeon General, A 84-21, for use at Army hospitals for feeding of patients and duty personnel on other than regular diets. Planning and testing of recipes began in January 1981 and were completed in September 1983.

To accomplish this work required the cooperative effort of many individuals. The authors would like to thank the following for their assistance.

Colonel Jessie Brewer RD, at present Chief of the Army Medical Specialist Corps, and formerly Chief Dietitian Section, Army Medical Specialist Corps, Office of the Surgeon General. Colonel Brewer provided the initial guidance for this project. Colonel Frances A. Iacoboni RD, present Chief Dietitian Section, Office of the Surgeon General, has continued the guidance on this project.

Major Donna Ranger RD, while stationed at the Academy, Health Services Command, San Antonio, Texas, edited the Nutritional Support Handbook, which provides food lists essential to the development of the recipes. In addition she gave helpful criticism for the initial recipes.

The following dietitians from Army medical facilities were helpful in testing recipes in the hospitals: Captain Catherine Dijilio RD, while stationed at Cutter Army Hospital, Fort Devens, Massachusetts; LT COL Juanita Grabhorn RD, Chief Dietitian, Reynolds Army Community Hospital, Fort Sill, Oklahoma; Major Mary Bridenstein RD, Food Service Division, Womack Army Community Hospital, Fort Bragg, North Carolina, and Colonel Mary Jo Touchard, Chief, Food Service, Brooke General Hospital, Fort Sam, Houston, Texas.

From the Ration Design and Evaluation Branch, Natick Army Research and Development Center, the authors would like to thank the following for their assistance: Christine Eames, Mary Friel, Ivy Fossum, Betty Davis, Karen Bullock, Dorothy Figlioli, Nancy Irwin, and Karen Andrews.

A special acknowledgment is due to Jerry Jarboe, Marney Robertson, and associates in the Service Group of the Analytical Branch, Science and Advanced Technology Laboratory (SATL) at NRDC.



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INTRODUCTION

In June 1967 the Assistant Secretary of the Army determined that a standard recipe file for use by all of the services was needed in order to increase the economy and efficiency of food planning, preparation and service and to eliminate duplication of effort in recipe development, testing and publication. In response, a consolidated Department of Defense Recipe Service was established in 1969 and these recipes became mandatory for all military services. By 1975, so many changes had been made in the recipes that a total revision was deemed necessary, which was accomplished by 1980. The present recipe file, referred to as the Armed Forces Recipe Service, US Army TM10-412¹, contains a total of 1,500 recipes and serves as the basis of the menu for the military.

Although the Armed Forces Recipe File has also been available for use in hospitals, the recipes were suitable, for the most part, only for regular diets. Each hospital was responsible for developing and testing its own modified diet recipes. No standardized modified recipe file existed for use of persons on therapeutic diets in Army hospitals.

During the process of computerization of the food service recipes at Army medical centers, it became apparent that the combined number of modified hospital recipes, which totaled over 4,000 was excessive and unwieldy. Furthermore, with the scheduling of 14 more large MEDDACs to go on the computer, each with its own recipe file, the problem was compounded. Maintenance of such a large, nonstandardized recipe data base was impossible.

In order to assure maximum standardization in maintenance of the recipe file used in Army hospitals, there was a need to develop and test modified recipes based on the Armed Forces Recipe File, TM10-412. Thus, in January of 1977, a Statement of Requirements was issued by the Office of the Surgeon General to modify recipes for use in the feeding of patients and duty personnel receiving other than regular diets. This project, called the "Modification of the Armed Forces Recipe Service for Medical Facility Use," A 84-21, was funded in October 1980. Availability of a modified recipe file would expand the varieties of food items for patients on therapeutic diets and insure the service of more accurately prepared and appetizing food at all medical facilities, especially the smaller ones that lack an assigned dietitian.

The following guidelines were used for the development of modified diet recipes for Army hospital use:

1. Recipes should track closely with the current Armed Forces Recipe File, determining those recipes most suitable for modification.
2. Recipes should utilize basic ingredients from the Federal Supply Catalog Stock List, whenever possible.

3. Recipes would require modification in calories, fat, minerals, seasonings, and consistency.
4. Recipes would be published separately from the Armed Forces Recipe File, TM10-412.
5. Recipes must taste good, be attractive, and be highly acceptable.
6. Recipes would be written for 10 portions, as there are many small hospitals in the Army, and the recipes could be easily extended for use in larger facilities.
7. The nutritional analysis of all modified recipes for calories, protein, carbohydrates, fat, calcium, phosphorus, iron, sodium, potassium, and magnesium would be determined and noted on each recipe.
8. Food exchanges calculated for recipes would be based on the food lists contained in the new TM8-500, Nutrition Support Handbook.²
9. Recipe instructions would be included for the freezing of modified diet entrees where applicable.
10. Soy-extended ground beef, which is used in military feeding, will not be used in hospitals.

For each regular recipe that was chosen for modification, five different modified diet recipes have been developed when feasible: (1) Calorie Restricted, Bland (2) Sodium and Calorie Restricted, Bland (3) Ground Meat (Dental Soft) (4) Thinned Strained (Dental Liquid), and (5) Renal. Modification in recipes for a bland diet simply omit the use of black pepper, chili powder or red pepper. Therefore, most regular and modified diet recipes can easily be made appropriate for use on a bland diet.

As mentioned in 8, above, the exchanges for all calorie-modified recipes were calculated using the food lists from the new Army hospital diet manual, the Nutrition Support Handbook (TM8-500), which has been developed and published at the Academy of Health Sciences. Because the food exchanges and serving sizes used in the TM8-500 are the same as the ADA Exchanges, the calorie-restricted recipes contained in this report are also suitable for use in civilian hospitals. In addition, due to the increased emphasis on weight reduction and maintenance in the military, calorie-restricted diet recipes can also be considered for use in troop dining facilities as part of a planned weight reduction program.

The sodium figures used in the new diet manual are based on the figures used by the American Heart Association and would probably have widespread applicability. However, the renal food lists and exchanges used in TM8-500 are unique to Army hospitals, and therefore may not be adaptable for use outside the military.

DISCUSSION

For optimum use of these recipes, it is important to have access to both the Armed Forces Recipe Service (AFRS) Recipe File TM10-412, Revised 1 May 1980, and Nutritional Support Handbook, TM8-500, Vol. 1, October 1982. The AFRS recipe is the recipe planned for the Regular Diet. Modified diet recipes make reference to the AFRS recipes. For example, directions for bland diets, as shown on the Clinical Diet Application Sheet, found with each of the entree recipes, are based upon a simple modification of the Regular Diet recipe, that is, the omission of pepper (black, red, or chili, as in chili powder). The directions for many of the modified diet salads include a step in the preparation of salad ingredients, which refers to a recipe card in the AFRS recipe, M-G-1, Guidelines for Preparing Fresh Salad Ingredients.

The Nutritional Support Handbook, TM8-500, contains the food lists from which the recipes were developed, and because the renal food lists and exchanges are unique to Army hospitals, it is important to have these available when using renal recipes.

Recipe Selection

Of the approximately 1,500 recipes in the AFRS recipe file, only 124 have been selected for modification. Many more could have been used. The selection is based on the practicality of modifying the recipe, and the need for variety in the diet of the patient on a special diet. Recipes are numbered with the same number used in the AFRS recipe, but followed by the word (Mod), meaning "modified." For example, the recipe for Beef Stroganoff is L-53 in the AFRS recipe. There are five modified diet recipes for Beef Stroganoff. Each of these is numbered L-53 (Mod).

Diet Selection

Selection of diets is based upon descriptions found in the Food Code System, Appendix E TM8-500, Vol. 1. These descriptions and food categories include Regular, Bland, Calorie Exchange, Sodium Exchange, Sodium Calorie Exchange, and Renal Exchange. Other descriptions from the Nutritional Support Handbook include consistency modifications, which contain diet considerations such as liquid and soft diets. Because bland, soft, clear and full liquid foods can be selected from a regular menu, or ready-to-eat commercial items, there seemed little need to develop special recipes for these.

It was planned to use recipes already developed for Walter Reed for the Advanced Full Liquid (Dental Liquid)³ and the Dental Soft diet.⁴ Ten of these are included with some adaptation from the originals, as the dental liquids were developed for Walter Reed using freeze-dried meats, which are difficult to purchase. In addition, new recipes were selected for modification and are included as Ground Meat Bland and Thinned Strained. Only entrees have been developed for these diets.

The Clinical Diet Application Sheet, found as part of entree recipes, describes the uses of the various recipe modifications. All modified diet

recipes are bland with the exception of the Thinned Strained. Three recipes were developed for sodium (Na) restricted diets only. All other sodium-restricted recipes are combined with a calorie restriction (Cal/R).

In most of the recipes, the only difference between the Cal/R Bland recipe and the Na-Cal/R Bland recipe is the addition of salt in the Cal/R Bland recipe. Cal/R Bland and Na-Cal/R Bland are combined in some recipes - particularly in salads and entrees where salt is not essential to the seasonings, such as roast meats, sweet and sour flavors, fruit salads or salads without salad dressing as part of the recipe.

Food Selection

Following the procedure used in developing AFRS recipes (which were also developed in the Ration Design and Evaluation Branch, NRDC), persons who tested these recipes used troop-issue foods where feasible. These foods are found in the Federal Supply Catalog Stock List⁵ (see Appendix C).

Because some special diet foods are not included in the Federal Supply Catalog, these were purchased locally and are listed in Table 1.

The use of starch, edible, modified, Federal Supply Number (FSN) 8920-01-025-3736, used in some entrees, vegetables and soups, is important only if the item is to be frozen, as it gives the product stability. If the recipe is not going to be frozen, cornstarch may be substituted as a thickener for the sauce.

The new low-calorie sweetener, Equal*, which contains aspartame, has been used in some of the recipes. It is found in salad dressings and sweet and sour type recipes. It cannot be used in recipes which reach high temperatures in cooking, such as baked custard, as the aspartame is unstable at very high temperatures and the custard will not be sweet. It can be used in products which reach only a temperature of 180°F or a serving temperature. Thus it has been used in products as Harvard Beets, Q-8 (Mod) where it is added before heating to be served, and Cole Slaw with Creamy Dressing, M-9 (Mod).

*Equal is a product of Searle Pharmaceuticals, Inc. The use of trade name does not in any way indicate a government endorsement of the product.

Table 1

Special Items Needed But Not Found in the Federal Stock Catalog

FISH

Salmon, canned, Na/R

DAIRY FOODS

Cheese, Na/R

Cheese, cottage, low fat

Cheese, cottage, low fat, Na/R

Yogurt, plain, low fat

Butter, sweet (unsalted)

FRUITS AND VEGETABLES

Beets, canned, whole or slices, Na/R or dietetic pack

Peppers, green, canned, diced

Tomatoes, canned, Na/R or dietetic pack

Tomato Paste, canned, Na/R

DIETARY FOODS AND FOOD SPECIALITY PREPARATIONS

Dessert Powder, gelatin, orange, low calorie, DZERTA*

Dessert Powder, gelatin, cherry, low calorie, DZERTA

Dessert Powder, gelatin, lemon, low calorie, DZERTA

Non caloric vegetable spray

Sweetener, low calorie, EQUAL

Butter Flavored Granules, BUTTER BUDS**

FLAVORINGS SEASONINGS

Celery seed, ground

Burgundy (flavoring)

Sherry (flavoring)

Coriander, ground

Cardamon, ground

Onion Powder

Creamer, nondairy powder

*DZERTA is the product of General Foods Corporation

**BUTTER BUDS is the product of Cumberland Packing Corporation

The use of trade names does not in any way indicate a government endorsement of the product.

Ground beef as used by the military in regular diets contains soy. Hospitals use ground beef in regular and modified diets without soy, FSN 8905-00-285-2075. According to the specifications, the ground beef contains between 14% and 22% fat. In developing the ground meat recipes, all fat is drained off after cooking and before adding the sauce or serving. Chemical analysis of these recipes meets the necessary criterion of five grams of fat per meat exchange (see Appendix B).

Recipe Development

The format used for writing the modified recipe is similar to that used for writing the AFRS recipes. The principal change is the addition of gram weights and nutritional information to the recipe, including the number of food exchanges used per serving. The AFRS recipes are written for 100 portions, while the modified diet recipes are written for 10.

In the original planning, it was felt that the use of very small quantities of tomato, onion, green pepper, celery and garlic in the sauces probably could be considered as "free" foods, and the first recipes were developed with this in mind. On analyzing the nutrients, however, it was found that the carbohydrate values were too high to be considered as "free" in calculated diets, particularly when starch, as an addition to the recipe is used as a thickener for the sauce. Because the sauce is needed for covering the entree when freezing and reheating, and also for variety, many of the entrees will contain both meat and vegetable exchanges. A note at the bottom of some recipes indicates that the sauce might be used as a free exchange if quantity is decreased.

Weights and Measures

A table of weights and measures (unpublished) is used in developing the AFRS recipes. Because the modified diet recipes are written for only 10 portions, it was necessary to standardize with smaller weights and measures (see Table 2).

In general, CAL/R Bland and Na-Cal/R bland recipes have been developed using these weights and measures. Renal diet recipes have been developed using weights and measures from the Renal Exchange (Table 3) and from Table 2. Recipes included in Ground Meat Bland and Thinned Strained diets were developed by food technologists who worked mainly in percentages and gram weights. Measurements in these recipes are not standardized according to Tables 2 and 3.

In developing recipes, accurate weights using gram scales were used for all ingredients. Recipes were developed using 28.35 grams per ounce. The Nutrition Handbook and all hospitals use a 30 gram (rounded) weight as one ounce or one meat exchange. Because there seemed to be no resolution of this problem, the recipes were developed using 28.35 grams per ounce; portions and food exchanges were planned using 30 grams per ounce.

Table 2
Selected Weights and Measures Used in Development of Recipes

Dairy Foods	Measure	Weight (Grams)	Weight (Pound & Ounces)
Butter or Margarine	1 tbsp	14	
	1 tsp	5	
Egg, medium, whole	1 egg	45	
Cheese, cottage, low fat, Na/R	2-1/2 cups	454	1 lb
Cheese, shredded	4 cups	454	1 lb
Yogurt, plain, low fat	1 cup	250	
<u>Vegetable Products</u>			
Garlic, dehydrated	1 tsp	3	
Garlic, dry, minced	3 tbsp (9 cloves)	28	
Mushrooms, canned, sliced, drained	6 tbsp	57	2 oz
	1-1/2 cups	227	8 oz
Onions, dry, chopped	1 cup	151	
Celery, fresh, chopped	3 tbsp	28	
Celery, fresh, cut 1/2 inch pieces	4 cups	454	1 lb
Peppers, sweet, green, chopped	3 tbsp	28	
Parsley, fresh, chopped	1 tbsp	3	
Tomato paste, canned	1 tbsp	15	
	1 tsp	5	
Carrots, raw, sliced 1/2 inch	3 - 3-1/4 cups	454	1 lb
Green Onions and Tops, sliced 1/4 inch	1 cup	85	3 oz
Tomatoes, canned	2 cups	454	1 lb
Tomatoes, fresh, diced	2-3/4 cups	454	1 lb
Lettuce, shredded, packed	4 cups	454	1 lb
Lettuce, torn, not packed	2-1/2 qt	454	1 lb
Cucumbers, thinly sliced, 1/8 inch	3 cups	454	1 lb
Kidney Beans, canned	1/3 cup	60	
Cabbage, finely chopped	5 cups	454	1 lb
<u>Seasonings, Herbs and Spices</u>			
Basil, ground	6 tbsp	28	
Celery Seed, ground	4 tbsp	28	
Butter Flavored Granules	1 tbsp	6	
Ginger, ground	4 tbsp	28	
Cinnamon, ground	4 tbsp	28	
Curry Powder	3 tbsp	28	
Chili Powder	4 tbsp	28	
Mustard flour	5 tbsp	28	
Onion Powder	4 tbsp	30	
Oregano, ground	5 tbsp	28	
Paprika, ground	4 tbsp	28	
Thyme, ground	6 tbsp	28	
Salt	1 tsp	6	
<u>Cereal and Sweeteners</u>			
Bread Crumbs	1 tbsp	7	
Flour, wheat, general purpose	1 tbsp	7	
Starch, edible, modified	1 tbsp	9	
Starch, cornstarch	1 tbsp	9	
Oats, rolled, quick cooking	1/3 cup	18	
Honey	1 cup	340	12 oz
	1-1/3 cup - 1-1/2 cup	454	1 lb
Sugar, brown	1 cup	170	6 oz
Sugar, granulated	2 tbsp	28	
	1 tbsp	14	
	1 tsp	5	
Sweetener, low calorie, "Equal"	1/4 tsp (1 packet)	1	
<u>Miscellaneous</u>			
Soup and gravy base, inst., Reg & Na/R	1 tbsp	9	
	1 tsp	3	
	2 tsp	7	

Table 3

Food Exchanges Used in the Modified Diet Recipes

Portion Sizes Used in Food Exchanges

Cal/R Meat Exchanges

7 grams protein; 5 grams fat

Na-Cal/R Meat Exchanges

7 grams protein; 5 grams fat;

25 mg sodium

Renal Meat Exchanges

List 8: 7 grams protein; 30 mg sodium; 3.08 mEq potassium

	Portion size	Grams		Portion size	Grams		Portion size	Grams	List
Cheese, cheddar type	1 oz	30	Na/R Cheese, cheddar type	1 oz	30	Na/R Cheese	1 oz	30	8
Cottage cheese	1/4 cup	45	Na/R Cottage cheese	1/4 cup	45	Na/R Cottage cheese	1/4 cup	60	8
*Egg	1 egg	50	*Egg	1 egg	50	*Egg	1 egg	50	8
Meat, medium fat			Meat, medium fat			Meat medium fat			
Beef	1 oz	30	Beef	1 oz	30	Beef	1 oz	30	8
Ham	1 oz	30							
Lamb	1 oz	30	Lamb	1 oz	30	Lamb	1 oz	30	8
Liver	1 oz	30	Liver	1 oz	30	Liver	1 oz	30	8
Pork	1 oz	30	Pork	1 oz	30	Pork	1 oz	30	8
Veal	1 oz	30	Veal	1 oz	30	Veal	1 oz	30	8
Chicken	1 oz	30	Chicken	1 oz	30	Chicken	1 oz	30	8
Turkey	1 oz	30	Turkey	1 oz	30	Turkey	1 oz	30	8
Fish and Seafood, frozen	1 oz	30	Fish and Seafood, frozen			Fish and Seafood, frozen			
Catfish	1 oz	30	Catfish	1 oz	30	Catfish	1 oz	30	8
Trout, Rainbow	1 oz	30	Trout, Rainbow	1 oz	30				
Cod Fillets	1 oz	30	Cod Fillets	1 oz	30	Cod Fillets	1 oz	30	8
Flounder Fillets	1 oz	30	Flounder Fillets	1 oz	30				
Haddock Fillets	1 oz	30	Haddock Fillets	1 oz	30				
Perch, Ocean Fillets	1 oz	30	Perch, Ocean Fillets	1 oz	30				
Pollock Fillets	1 oz	30	Pollock Fillets	1 oz	30				
Rockfish Fillets	1 oz	30	Rockfish Fillet	1 oz	30				
Whiting Fillets	1 oz	30	Whiting Fillets	1 oz	30				
Mackerel Fillets or Steaks	1 oz	30	Mackerel Fillets or Steaks	1 oz	30				
Halibut Steaks	1 oz	30	Halibut Steaks	1 oz	30				
Salmon Steaks	1 oz	30	Salmon Steaks	1 oz	30				
Oysters, Clams, Scallops, & Shrimp 5 small		45							
Salmon & Tuna, Canned waterpack 1/4 cup		30	Na/R Salmon & Tuna Cnd, waterpack 1 oz		30	Na/R Salmon & Tuna Cnd, waterpack 1 oz		30	8

*AFRS recipes use 45 grams / med. egg.

Table 3 (cont'd)

Food Exchanges Used in the Modified Diet Recipes

Cal/R Vegetable Exchanges

5 grams carbohydrate; 2 grams protein

	Measure	Grams
Asparagus	1/2 cup	120
Beans, green or wax	1/2 cup	50
Beets, sliced	1/2 cup	85
Broccoli	1/2 cup	85
Brussels Sprouts	1/2 cup	85
Cabbage, shredded	1/2 cup	85
Carrots, sliced	1/2 cup	75
Celery, diced	1/2 cup	75
Cucumbers, raw, sliced	1/2 cup	50
Eggplant, diced	1/2 cup	100
Mixed Vegetables	1/2 cup	90
Mushrooms	1/2 cup	75
Okra, frozen cut	1/2 cup	90
Onions, sliced	1/2 cup	105
Peppers, green, strips	1/2 cup	70
Rutabagas, diced	1/2 cup	85
Spinach	1/2 cup	95
Squash, summer	1/2 cup	90
Tomatoes, raw (4/1b)	1 tomato	100
Turnips, white, diced	1/2 cup	75

Na-Cal/R Vegetable Exchanges5 grams carbohydrate; 2 grams protein;
10 mg sodium

	Measure	Grams
Asparagus	1/2 cup	120
Beans, green or wax	1/2 cup	50
*Beets, sliced	1/2 cup	85
Broccoli	1/2 cup	85
Brussels Sprouts	1/2 cup	85
Cabbage, shredded	1/2 cup	85
*Carrots, sliced	1/2 cup	75
*Celery, diced	1/2 cup	75
Cucumbers, sliced, raw	1/2 cup	50
Eggplant, diced	1/2 cup	100
Mixed Vegetables	1/2 cup	90
Mushrooms fresh	1/2 cup	75
Okra, frz. cut	1/2 cup	90
Onions, sliced	1/2 cup	105
Peppers	1/2 cup	70
Rutabagas, diced	1/2 cup	85
*Spinach	1/2 cup	95
Squash, summer	1/2 cup	100
Tomatoes, raw (4/1b)	1 tomato	100
*Turnips, white, diced	1/2 cup	75

*26 - 75 mg sodium

Renal Vegetable Exchanges

List 10: 1.5 g protein, 10 mg sodium, 3.08 mEq postassim

List 11: 1.5 g protein, 10 mg sodium, 5.89 mEq potassium

	Measure	Grams	List
Asparagus	1/3 cup	80	10
Beans, green, fresh	1/2 cup	55	10
Beans, Frozen	1/2 cup	50	10
Beans, Green, Cnd.	1/2 cup	115	10
Beets, cnd	2/3 cup	160	11
Beets, Fresh	2/3 cup	110	11
Broccoli	1/2 cup	85	11
Brussels Sprouts	1/2 cup	75	11
Cabbage, green, cooked	1/2 cup	120	11
or raw	1/2 cup	45	11
Cabbage, Red, Raw, Shredded	1/2 cup	45	10
Carrots, fresh	1/3 cup	50	10
Carrots, Na/R canned	1/3 cup	80	10
Celery, diced, cooked	1/3 cup	50	10
Cucumbers, raw, sliced	3/4 cup	80	10
Eggplant, diced	3/4 cup	80	10
Lettuce, Iceberg	1 cup	55	10
Mixed Vegetables	1/3 cup	60	10
Mushrooms, fresh, sl. raw	1/2 cup	35	10
Okra, Frozen, cut	1/3 cup	60	10
Onions, sliced	1/2 cup	105	10
Peas, green, cnd, Na/R	1/3 cup	80	10
Peas, green, frozen	1/3 cup	50	10
Peppers, green, raw, sl	3/4 cup	60	10
Peppers, green, cooked, strips	1/2 cup	70	10
Rutabagas, diced	1/2 cup	85	10
Spinach (Not Allowed)			
Squash, Zucchini, fresh, sl	1/2 cup	90	10
Tomatoes, fresh (4/1b)	1/2 tomato	50	10
Turnips, white, diced	1/3 cup	50	10

Table 3 (cont'd)

Food Exchanges Used in the Modified Diet Recipes

Free Cal/R Vegetable ExchangesSalad Vegetables

Celery
Chicory
Endive
Escarole
Lettuce
Radishes
Spinach

Free Na-Cal/R Vegetable ExchangesSalad Vegetables

Raw Celery
Chicory
Endive
Escarole
Lettuce
Radishes
Spinach

Renal Vegetable ExchangesSalad Vegetables Na/R

	Measure	Grams	List
Escarole	3/4 cup	40	10
Lettuce, Iceberg	1 cup	55	10
Roamine, fresh	1 cup	55	10

Endive (Not Allowed)
Spinach (Not Allowed)

FREE FOODS for Renal Diets

Wheat starch
Corn starch
Corn syrup
Honey
Jam, jelly

Miscellaneous - negligible protein, sodium & potassium

	List
Non-dairy creamers	12
Non-dairy whipped toppings	12

Fats, I, unsalted - unlimited 0 protein, sodium & potassium

	List
Butter	4
Margarine	4
Vegetable Oil	4

Fats II, Salted 0 protein, 50 mg sodium & 0 potassium

	Measure	Grams	List
Butter	1 tsp	5	5
Cream Cheese	1 tbsp	5	5
Margarine	1 tsp	5	5
Mayonnaise	2 tsp	10	5
Salad Dressing	1 tsp	5	5

Table 3 (cont'd)

Food Exchanges Used in the Modified Diet Recipes

CAL/R Fruit Exchanges
10 grams carbohydrate

Na-Cal/R Fruit Exchanges
10 grams carbohydrate;
2 mg sodium

Renal Fruit Exchanges

List 6: .5 grams protein; negligible
sodium and 2.56 mEq potassium

List 7: .5 grams protein, negligible
sodium and 3.85 mEq potassium

						Measure	Grams	List	
Apple	1 small (2" diameter)	80	Apple	1 small (2" Diam.)	80	Apple	1	100	6
Applesauce	1/2 cup	100	Applesauce	1/2 cup	100	Applesauce	1/2 cup	100	6
Apricots, canned	4 halves	100	Apricots, canned	4 halves	100	Apricots, canned (Not Allowed)			
Banana	1/2 small	60	Banana	1/2 small	60	Banana (Not Allowed)			
Blueberries	1/2 cup	75	Blueberries	1/2 cup	75	Blueberries	2/3 cup	130	6
Strawberries	3/4 cup	115	Strawberries	3/4 cup	115	Strawberries	1/2 cup	75	7
Grapefruit, fresh	1/2 small	125	Grapefruit, fresh	1/2 small	125	Strawberries, frz.	1/2 cup	120	7
Grapefruit sections	1/2 cup	100	Grapefruit, sections	1/2 cup	100	Grapefruit, fresh	1/2 grft	100	7
Grapes	1/2 cup (12 grapes)	75	Grapes	1/2 cup (12 grapes)	75	Grapefruit, sections	1/2 cup	100	7
Honeydew Melon	1/8 (7" diam.)	150	Honeydew Melon	1/8 (7" diam.)	150	Grapes	1 cup	150	7
Cantaloupe	1/4 (6" diam.)	200	Cantaloupe	1/4 (6" diam.)	200	Honeydew Melon	1/4	100	7
Orange	1 small	100	Orange	1 small	100	Cantaloupe	1/3 cup	55	7
Orange Sections	1/2 cup	100	Orange Sections	1/2 cup	100	Orange	1/2 Orange	80	7
Peach	1 medium	100	Peach	1 medium	100	Peach, fresh	1/2 med.	60	6
Halves	2	100	Halves	2	100	Fresh slices	1/3 cup	60	6
Slices	1/2 cup	100	Slices	1/2 cup	100	Canned	1/3 cup	70	6
Pear	1 small	100	Pear	1 small	100	Frz. Sliced	1/3 cup	85	6
Halves	2	100	Halves	2	100	Pear, fresh & cnd.	1/2 cup	100	6
Pineapple			Pineapple			Pineapple, fresh			
Chunks	1/2 cup	80	Chunks	1/2 cup	80	1 slice 3-1/2 x 3/4"		110	6
Crushed	1/2 cup	75	Crushed	1/2 cup	75	Canned	1/2 cup	120	6
Slices	2	80	Slices	2	80	Plums	3 medium	100	7
Plums	2 medium	100	Plums	2 medium	100	Prunes (Not Allowed)			
Prunes, cooked	2 medium	35				Prunes, Dried (Not Allowed)			
Prunes, Dried	2 medium	15				Raisins (Not Allowed)			
Raisins	2 tbsp	15				Watermelon	2/3 cup	110	6
Watermelon	1 cup	175	Watermelon	1 cup	175	Cranberries	1-1/4 cup	130	7
Cranberries	Free		Cranberries	Free					

Table 3 (cont'd)

Food Exchanges Used in the Modified Diet Recipes

Cal/R Bread Exchanges

15 grams carbohydrate; 2 grams protein

Na-Cal/R Bread Exchanges15 grams carbohydrate; 2 grams protein;
5 mg sodiumRenal Bread and Cereals Exchanges

List 2: 2 g protein, 5 mg sodium, 1.02 mEq potassium

List 10: 1.5 g protein, 10 mg sodium, 3.08 mEq potassium

List 11: 1.5 g protein, 10 mg sodium, 5.89 mEq potassium

	Measure	Grams		Measure	Grams		Measure	Grams	List
Bread or Toast	1 slice	28	Na/R Bread or Toast	1 slice	35	Na/R Bread or Toast	1 slice	25	2
Cereal, cooked	1/2 cup	100	Cereal, Cooked Na/R	1/2 cup	100	Na/R Farina	1/2 cup	130	2
Potato, Sweet or Yam	1/4 cup	60	Potato, Sweet	1/4 cup	60	Na/R Oatmeal	1/3 cup	80	2
Potato, white						Potato, Sweet (No skin)			
Mashed	1/2 cup	100	Na/R Mashed	1/2 cup	100	Baked 1/3 of 2-1/4 diam.		70	11
Whole	1 - 2" diam.	100	Na/R Whole	1 - 2" diam.	100	Diced	1/3 cup	50	11
Dried Beans	1/2 cup	100	Dried Beans	1/2 cup	100	Mashed - no milk	1/3 cup	70	11
Kidney			Kidney			Baked-1/3 of 2-1/4 diam.		70	11
Corn	1/3 cup	80	Corn	1/3 cup	80	Diced	1/3 cup	50	11
Macaroni	1/2 cup	70	Macaroni	1/2 cup	70	Mashed - no milk	1/3 cup	70	11
Noodles	1/2 cup	80	Noodles	1/2 cup	80	Beans, Kidney	1/3 cup	70	11
Peas, green	1/2 cup	100	Peas, green	1/2 cup	100	Corn	3/4 cup	125	11
Rice			Rice			Macaroni	1/2 cup	70	2
Rice	1/2 cup	100	Rice	1/2 cup	100	Noodles	1/2 cup	80	2
Squash, winter	1/2 cup	100	Squash, winter	1/2 cup	100	Peas, sweet, cnd	1/3 cup	80	10
Spaghetti	1/2 cup	80	Spaghetti	1/2 cup	80	Peas, sweet, frz.	1/3 cup	50	10
						Rice	3/4 cup	130	2
						Squash, winter, frz.	1/2 cup	120	11
						Squash, fresh, boiled	1/3 cup	80	11
						Spaghetti	1/2 cup	80	2

Recipe Testing

Recipes for entrees and vegetables that contained modified starch were tested by a panel of five persons, home economists and food technologists. The purpose of testing was to determine the effect of storage on acceptability. The rating scale was one of overall quality rating on a one to nine scale. Items were tested initially, then frozen in individual portions and withdrawn from 0°F freezers after storage at three months and six months. Ground Meat and Thinned Strained entrees were tested for up to 12 months' storage. In general, items were found to be satisfactory throughout these storage periods.

Selected recipes were also tested in Army medical facilities at Fort Devens, Fort Bragg, Fort Sill and Brooke Army Hospital. Comments and results of testing were helpful in evaluating the recipes, with some changes being made.

Equipment

It was not necessary to purchase any extra equipment by the Ration Design and Evaluation Branch for this project. The most important piece of equipment is an accurate, easy-to-use gram scale. Although in testing the recipe, the herbs and spices were weighed, recipes are written using measuring spoons. Other measuring equipment such as cup and quart measures, are also essential. A gallon-sized blender is necessary for the Thinned Strained entrees, and a meat grinder makes more attractive ground meat entrees than a food processor. Other equipment used in testing included roasting pans (18" x 12" and 13" x 9"), saucepans (7 quart, 4½ quart, 2 quart and 1 quart), half-size steamtable pans (12" x 10" x 2½") and one-third-size steamtable pans (6" x 12" x 2½").

Nutrient Data

Nutrients shown on the recipe were obtained using the University of Massachusetts Nutrient Data Bank.⁶ A complete print-out of nutrient data for each recipe is shown in Appendix A. Nutrient data for entrees are based upon using 900 grams (10 - 3 oz portions) cooked meat. Vegetable nutrients are calculated using cooked or canned vegetables in the data file, and salads are based upon use of raw vegetables or fruits, except when cooked or canned are indicated. Much of the nutrient data in the data bank are based upon Agriculture Handbook 456.⁷

The data bank did not contain Cal/R gelatin deserts, Na/R cheese, cottage cheese or soup and gravy base. For the Cal/R gelatin desserts, plain gelatin was used in the data bank to yield two grams protein per serving, and sodium values were calculated after the print-out for Na/R cheese, cottage cheese, and soup and gravy base. These values were from the following:

Breakstone's Dry Curd Cottage Cheese, less than 1/2% milkfat, no salt added. (sodium content, 55 mg/100 grams cottage cheese)

Pauly, a Division of Swift and Co., Chicago, Ill. Low Sodium Colby Cheese. (Sodium content, 5 mg/oz cheese)

Monarch Low Sodium Soup Base, Chicken (Sodium content, 10 mg per 100 grams)

Monarch Low Sodium Soup Base, Beef (Sodium content, 25 mg per 100 grams)

The portion weight found on each recipe and also the print-out of nutrient data is the actual portion weight as determined when developing the recipe. Units of nutrients are shown on the first page of Appendix A.

Nutrient information was also obtained by nutrient analysis from the Analytical Chemistry Branch at NRDC (see Appendix B). One-quart samples were sent to the Analytical chemistry Branch for determination of nutrient composition (proximate and minerals). For these samples, energy values, based on the procedure of the Atwater system as used in Agriculture Handbook No. 8⁸ were calculated. Much of the information derived from analysis of the products is not shown, as many recipe changes had to be made after the nutrient analysis was made.

Conclusions

The use of the computer data bank is an important aid in the development of recipes requiring specified amounts of carbohydrate, protein, fat, sodium, and other nutrients. This data bank was not available at the beginning of recipe development. Recipes were developed by combining quantities listed in food exchanges, and on chemical analysis, results frequently showed carbohydrate values too high. For example, cheese and cottage cheese are allowed as meat exchanges, but unlike meat, contain carbohydrate. The Lasagna recipe which contains meat, cheese, and cottage cheese, presented a problem with carbohydrate too high for one bread exchange, one vegetable exchange, and three meat exchanges. The recipe was redeveloped by using the data bank before testing in the kitchen. Also, as shown in the stuffed pepper recipe, cheese is added as part of the meat exchanges. Fat content is shown to be higher than allowed, as cheese contains more than the usual five grams fat per meat exchange. Persons working on future projects should use the data bank before and after development of modified diet recipes.

Part 2

Recipes and Applications



MEAT, FISH, AND POULTRY
RECIPE INDEX

AFRS Recipe		Cal/R Bland	Page	Na-Cal/R Bland	Page	Ground Meat Bland	Page	Thinned Strained	Page	Renal	Page
<u>BEEF</u>											
L-5	Roast Beef	L-5 (Mod)	23	L-5 (Mod)	24	L-5 (Mod)	25	L-5 (Mod)	26	L-5 (Mod)	22
L-8	Teriyaki Steak	L-8 (Mod)	27	- - -		L-5 (Mod)	28	L-5 (Mod)	29	- - -	
L-9	Beef Pot. Roast	L-9 (Mod)	31	L-9 (Mod)	32	L-9 (Mod)	33	L-9 (Mod)	35	L-9 (Mod)	30
L-13	Pepper Steak	L-13 (Mod)	37	L-13 (Mod)	39	- - -		- - -		- - -	
L-14	Spanish Steak	L-14 (Mod)	42	L-14 (Mod)	44	- - -		- - -		- - -	
L-15	Steak, Smothered with Onions	L-15 (Mod)	47	L-15 (Mod)	48	- - -		- - -		L-15 (Mod)	46
L-17	Braised Beef and Noodles	- - -		L-17 (Mod) Na/R Only	50	- - -		- - -		- - -	
L-22	Beef Stew	L-22 (Mod)	53	L-22 (Mod)	54	- - -		- - -		L-22 (Mod)	55
L-24	Stuffed Cabbage Rolls	L-24 (Mod)	57	L-24 (Mod)	59	- - -		- - -		- - -	
L-25	Lasagna	L-25 (Mod)	62	L-25 (Mod)	64	- - -		- - -		- - -	
L-26	Syrian Beef Stew	L-26 (Mod)	67	L-26 (Mod)	69	L-26 (Mod)	71	L-26 (Mod)	72	- - -	
L-27	Beef Balls Stroganoff	L-27 (Mod)	74	L-27 (Mod)	76	L-27 Regular Bland	73	- - -		- - -	
L-30	Creamed Ground Beef	- - -		L-30 (Mod) Na/R only	79	- - -		- - -		- - -	

MEAT, FISH, AND POULTRY
RECIPE INDEX

AFRS Recipe		Cal/R Bland	Page	Na-Cal/R Bland	Page	Ground Meat Bland	Page	Thinned Strained	Page	Renal	Page
<u>BEEF</u> (cont'd)											
L-35	Meat Loaf	L-35 (Mod)	81	L-35 (Mod)	82	- - -		- - -		L-35 (Mod)	83
L-37	Salisbury Steak	L-37 (Mod)	85	L-37 (Mod)	86	- - -		- - -		L-37 (Mod)	87
L-38	Spaghetti Sauce	L-38 (Mod)	89	L-38 (Mod)	90	L-38 Regular Bland	88	L-38 (Mod)	91	L-38 (Mod)	92
L-39	Spaghetti with Meat Balls	L-39 (Mod)	94	L-39 (Mod)	95	L-39 Regular Bland	93	- - -		- - -	
L-40	Stuffed Green Peppers	L-40 (Mod)	97	L-40 (Mod)	99	- - -		- - -		- - -	
L-41	Swedish Meat Balls	L-41 (Mod)	102	L-41 (Mod)	103	L-41 Regular Bland	101	- - -		L-41 (Mod)	104
L-53	Beef Stronganoff	L-53 (Mod)	106	L-53 (Mod)	108	L-53 (Mod)	110	L-53 (Mod)	111	- - -	
L-64	Creole Macaroni	- - -		L-64 (Mod) Na/R Only	113	- - -		- - -		- - -	
<u>LAMB</u>											
L-74	Sweet and Sour Lamb Steak	L-74 (Mod)	116	- - -		- - -		- - -		L-74 (Mod)	117
L-77	Savory Roast Lamb	L-74 (Mod)	119	L-77 (Mod)	119	- - -		- - -		L-77 (Mod)	118
<u>PORK</u>											
L-83	Variation 1 Creole Pork Chops	L-83 (Mod) Var. 1	121	L-83 (Mod) Var. 1	122	L-99 (Mod) Pork Adobo	123	L-99 (Mod) Pork Adobo	124	- - -	

**MEAT, FISH AND POULTRY
RECIPE INDEX**

AFRS Recipe		Cal/R Bland	Page	Na-Cal/R Bland	Page	Ground Meat Bland	Page	Thinned Strained	Page	Renal	Page
<u>PORK</u> (cont'd)											
L-83	Variation 2 Pork Chops with Apple Rings	L-83 (Mod) Var. 2	126	L-83 (Mod) Var. 2	126	L-84 (Mod) Bkd. Stuffed Pork Chops	127	L-84 (Mod) Bkd. Stuffed Pork Chops	129	- - -	
L-85	Braised Pork Chops	L-85 (Mod)	131	L-85 (Mod)	132	L-87 (Mod) Pork Chops Mex.	133	L-87 (Mod) Pork Chops Mex.	134	L-85 (Mod)	130
L-96 L-81	Roast Fresh Ham and Roast Pork	L-96 and L-81 (Mod)	137	L-96 and L-81 (Mod)	137	L-96 and L-81 (Mod)	138	- - -		L-96 and L-81 (Mod)	136
<u>VEAL</u>											
L-103	Veal Steaks	L-103 (Mod)	141	L-103 (Mod)	141	L-103 (Mod) Veal Parmesan	142	L-103 (Mod) Veal Parmesan	143	L-103 (Mod)	140
L-106	Roast Veal	L-106 Regular Bland	144	L-106 (Mod)	145	- - -		- - -		L-106 (Mod)	144
<u>LIVER</u>											
L-109	Liver Fiesta	L-109 (Mod)	147	L-109 (Mod)	148	L-109 (Mod)	149	- - -		- - -	
<u>FISH</u>											
L-119	Baked Fish	L-119 (Mod)	151	L-119 (Mod)	152	L-119 Regular Bland	150	L-133 (Mod) Baked Tuna and Noodles	153	L-119 (Mod)	154
L-128	Salmon Cakes	L-128 (Mod)	156	L-128 (Mod)	157	L-128 Regular Bland	155	- - -		L-128 (Mod)	155

MEAT, FISH, AND POULTRY
RECIPE INDEX

AFRS Recipe	Cal/R Bland	Page	Na-Cal/R Bland	Page	Ground Meat Bland	Page	Thinned Strained	Page	Renal	Page
<u>FISH (cont'd)</u>										
L-132 Tuna Salad	L-132 (Mod)	159	L-132 (Mod)	161	L-132 Regular with modifi- cations	158			- - -	
Salmon Salad	L-132 (Mod) Variation 1	159	L-132 (Mod) Variation 1	161	- - -		- - -		- - -	
L-136 Creole Shrimp	L-136 (Mod)	163	- - -		- - -		- - -		- - -	
<u>POULTRY</u>										
L-G-3 Weights of Raw Chicken 20 Parts	- - -	164	- - -		- - -		- - -		- - -	
L-148 Chicken Cacciatore	L-148 (Mod)	166	L-148 (Mod)	168	L-148 (Mod)	170	L-148 (Mod)	172	- - -	
L-151 Chicken Salad	L-151 (Mod)	174	L-151 (Mod)	175	- - -		- - -		- - -	
L-154 Creole Chicken	L-154 (Mod)	177	L-154 (Mod)	178	- - -		- - -		- - -	
L-157 Pineapple Chicken	L-157 (Mod)	180	L-157 (Mod)	180	L-157 (Mod)	181	L-157 (Mod)	183	L-157 (Mod)	184
L-158 Savory Baked Chicken	L-158 (Mod)	186	L-158 (Mod)	187	L-158 (Mod) Chicken and Wine	188	L-158 (Mod) Chicken & Gravy	189	- - -	
L-161 Roast Turkey and L-162	L-161 (Mod)	191	L-161 (Mod)	191	- - -		- - -		L-161 (Mod)	190

MEAT, FISH, AND POULTRY
RECIPE INDEX

AFRS Recipe

Cal/R Bland	Page	Na-Cal/R Bland	Page	Ground Meat Bland	Page	Thinned Strained	Page	Renal	Page
---		---		Beef and Mushrooms*	192	---		---	
---		---		Beef Burgundy*	193	Beef Burgundy*	194	---	
---		---		Sweet and Sour Pork*	195	Sweet and Sour Pork*	196	---	
---		---		---		Pork and Beans*	197	---	

*Adapted from WRAMC Production Guides

POULTRY (cont'd)

CLINICAL DIET APPLICATION

RECIPE NUMBER L-5 (Mod)

THE MODIFIED RECIPE FOR ROAST BEEF MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use Armed Forces Recipe Service (AFRS) recipe Roast Beef, L-5 for Regular Diet. Omit black pepper in Step 1.

WHEN SALT IS PERMITTED

USE CAL/R BLAND ROAST BEEF.

CALORIE EXCHANGE:

1 oz (30 grams) cooked roast beef = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked roast beef = 1 calorie exchange meat fat control.

GROUND MEAT:

USE BEEF AND GRAVY, GROUND MEAT BLAND.

THINNED STRAINED:

USE BEEF AND GRAVY, THINNED STRAINED.

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND ROAST BEEF.

SODIUM EXCHANGE:

1 oz (30 grams) cooked roast beef = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked roast beef = 1 sodium calorie exchange meat.

RENAL DIET:

NA-CAL/R BLAND ROAST BEEF MAY BE USED IN RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meat in individual container. Cover with 3 oz Brown Gravy (0-16 Mod). Beef and Gravy, Ground Meat Bland and Thinned Strained. See recipe for directions.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-5 (Mod)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

194

	GRAMS
PROTEIN	26.01
CARBOHYDRATE	0.00
FAT	9.18

	mg
CALCIUM	12.57
PHOSPHORUS	218.22
IRON	3.33
SODIUM	335.03
POTASSIUM	291.36
MAGNESIUM	25.13

ROAST BEEF				
YIELD: 10 Portions			EACH PORTION: 3 oz	
PAN SIZE: 13 by 9 - inch Roasting Pan			TEMPERATURE: 325°F. Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, oven roast, thawed, with all visible fat trimmed Salt	2 lb 12 oz	1 1/4 tsp	1247 7	<ol style="list-style-type: none"> 1. Rub roast with salt. Place in pan. 2. Insert meat thermometer into center of the thickest part of main muscle. DO NOT ADD WATER. DO NOT COVER. 3. Roast approximately 2 hours to desired degree of doneness. (See Note 3) 4. Let stand 20 minutes before slicing.
<p>NOTE: 1. In Step 3, allow about 20 minutes per pound for medium and about 18 minutes per pound for rare.</p> <p>2. If roasts are frozen, cooking time will be increased by 1 hour or more.</p> <p>3. Remove roasts from oven when meat thermometer registers 140°F - rare; 150°F - medium; and 170°F - well done. Internal temperature will rise about 10°F during 20 minute standing period.</p> <p>VARIATION: For 2 Cal/R Meat Exchanges per portion, recipe will yield 15 - 2 oz portions.</p>				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-5 (Mod)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

194

GRAMS

PROTEIN 26.01

CARBOHYDRATE 0.00

FAT 9.18

mg

CALCIUM 10.80

PHOSPHORUS 217.80

IRON 3.33

SODIUM 63.72

POTASSIUM 291.33

MAGNESIUM 24.30

ROAST BEEF				
YIELD: 10 Portions			EACH PORTION: 3 Ounces	
PAN SIZE: 13 by 9 - inch Roasting Pan			TEMPERATURE: 325°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, oven roast, thawed, with all visible fat trimmed	2 lb 12 oz		1247	<ol style="list-style-type: none">1. Place roast in pan.2. Insert meat thermometer into center of the thickest part of main muscle. DO NOT ADD WATER. DO NOT COVER.3. Roast approximately 2 hours to desired degree of doneness. (See Note 3)4. Let stand 20 minutes before slicing.
<p>NOTE: 1. In Step 3, allow about 20 minutes per pound for medium and about 18 minutes per pound for rare.</p> <p>2. If roasts are frozen, cooking time will be increased by 1 hour or more.</p> <p>3. Remove roasts from oven when meat thermometer registers 140°F - rare; 150°F - medium; and 170°F - well done. Internal temperature will rise about 10°F during 20 minute standing period.</p> <p>VARIATION: For 2 Na-Cal/R Meat Exchanges per portion, recipe will yield 15 - 2 oz portions.</p>				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-5 (Mod)

GROUND MEAT BLAND

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

315

GRAMS

PROTEIN 25.24

CARBOHYDRATE 6.92

FAT 20.07

mg

CALCIUM 26.29

PHOSPHORUS 215.69

IRON 3.37

SODIUM 1088.91

POTASSIUM 338.10

MAGNESIUM 26.29

BEEF AND GRAVY				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	2 lb 12 oz		1247	1. Cook beef in its own fat until it loses its pink color, stirring to break apart. Drain or skim off excess fat. Set aside for use in Step 4.
Water Tomato paste Soup and gravy base, beef flavor Sugar Salt Caramel color, pwd. Bay leaves, ground Margarine	2 oz	3 cups 3 tbsp 2 tbsp 4 tsp 2 1/2 tsp 1/2 tsp 1/8 tsp 1/4 cup	680 47 23 19 14 1 56	2. Combine water, tomato paste, soup base, sugar, salt, caramel color, bay leaves, and margarine. Heat to simmering; simmer 2 minutes.
Flour, wheat, general purpose Starch, edible, modified Water, cold	6 oz	4 3/4 tsp 1/4 cup 3/4 cup	14 28 170	3. Blend flour and starch together and add to water to make a slurry. Add to sauce while stirring. Heat to boiling. 4. Add cooked meat and blend well. 5. Portion in 6 oz servings with #6 scoop. 6. Serve immediately or freeze for later use.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-5 (Mod)

THINNED STRAINED

Adapted from WRAMC Production Guide

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams

CALORIES

308

PROTEIN

17.07

CARBOHYDRATE

9.14

FAT

22.37

GRAMS

mg

CALCIUM

42.65

PHOSPHORUS

163.19

IRON

2.25

SODIUM

1046.02

POTASSIUM

275.19

MAGNESIUM

22.21

BEEF AND GRAVY				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	1 lb 4 oz	7 cups	567	1. Combine ground beef, water, soup base, tomato paste, margarine, onion powder and caramel color. Bring to a boil while stirring and simmer 5 minutes. 2. Place in blender and blend on high speed 2 minutes or until smooth.
Water		1/3 cup	1588	
Soup and gravy base, beef flavor			57	
Tomato paste		2 1/3 tbsp	38	
Margarine		2/3 cup	150	
Onion powder		1/4 cup	33	
Caramel color, pwd		1 1/2 tsp	3	
Flour, wheat, general purpose	8 oz	2 1/3 tbsp	20	3. Blend flour and starch together and add to water to make a slurry. 4. Add to meat mixture while stirring. Heat to simmering. 5. Portion into 8 oz portions. 6. Serve immediately or freeze.
Starch, edible, modified		1/4 cup	37	
Water, cold		1 cup	227	

CLINICAL DIET APPLICATION

RECIPE NUMBER L-8

THE REGULAR RECIPE FOR TERIYAKI STEAK MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Teriyaki Steak, L-8 for Regular Diet.
Omit black pepper in Step 2.

WHEN SALT IS PERMITTED

USE AFRS RECIPE TERIYAKI STEAK, L-8, FOR REGULAR DIET.
Trim fat and cut steaks to portion size in Step 4.

CALORIE EXCHANGE:

1 oz (30 grams) cooked steak = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked steak (with all fat trimmed) =
1 calorie exchange meat fat control.

GROUND MEAT:

USE TERIYAKI STEAK, GROUND MEAT, BLAND

THINNED STRAINED:

USE TERIYAKI STEAK, THINNED STRAINED

WHEN SALT IS NOT PERMITTED

NOT ALLOWED

SODIUM EXCHANGE:

SODIUM CALORIE EXCHANGE:

RENAL DIET:

NOT ALLOWED

DIRECTIONS FOR FREEZING

Teriyaki Steak, Ground Meat Bland and Thinned Strained. See recipe for directions.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-8 (Mod)

GROUND MEAT BLAND

TERIYAKI STEAK				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Starch, edible, modified Water, cold	1/2 oz 10 oz	1 1/2 tbsp 1 1/4 cup	13 283	1. Make slurry with starch and water.
Juice, pineapple, canned Soy sauce Honey Ginger, ground Garlic, dehydrated (optional)	1 lb 11 oz 5 oz	2 cups 2/3 cup 1/3 cup 1 tbsp 2 tsp	453 151 113 7 7	2. Combine pineapple juice, soy sauce, honey, ginger and garlic in saucepan. 3. Heat to simmering; simmer for 2 minutes. 4. Add starch slurry, heat to boiling.
Beef, cooked, ground 3/16 inch	1 lb 14 oz		850	5. Add ground meat, heat to 160°F. 6. Portion in 6 oz servings with #6 scoop. 7. Garnish with very finely chopped mushrooms, if allowed. 9. Serve immediately or freeze for later use.
NOTES: 1. To cook beef, brown on griddle and drain excess fat. 2. Yield of beef is calculated on 25% loss in cooking. yield 1 lb 8 oz cooked beef.				2 lb 8 oz raw beef should

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

340

28

GRAMS

PROTEIN 23.79

CARBOHYDRATE 16.78

FAT 19.47

mg

CALCIUM 25.56

PHOSPHORUS 199.49

IRON 3.66

SODIUM 571.50

POTASSIUM 358.58

MAGNESIUM 24.06

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-8 (Mod)

THINNED STRAINED

NUTRITIONAL ANALYSIS OF ONE SERVING

241 Grams

CALORIES

318

GRAMS

PROTEIN 18.65

CARBOHYDRATE 25.35

FAT 16.05

mg

CALCIUM 49.93

PHOSPHORUS 196.94

IRON 3.88

SODIUM 1415.35

POTASSIUM 417.94

MAGNESIUM 27.02

TERIYAKI STEAK				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: Gallon Blender 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, raw	1 lb 12 oz		800	1. Boil ground beef, water, pineapple juice, honey, soy sauce, soup and gravy base, garlic, ginger, and caramel color in saucepan for 5 minutes. 2. Blend on high speed in blender for 2 minutes or until smooth. 3. Make roux with margarine and flour in saucepan. 4. Add blended ingredients from Step 1 and heat to boil. 5. Make starch slurry with cold water. 6. Add to other ingredients. 7. Heat to 180°F. 8. Portion into 8 oz (1 cup) servings. 9. Serve immediately or freeze for later use.
Water	2 lb	1 quart	920	
Pineapple juice	12 oz	1 1/2 cups	346	
Honey	6 oz	1/2 cup	166	
Soy sauce	2 1/2 oz	1/3 cup	70	
Soup and gravy base, beef flavored	1 1/2 oz	1/4 cup	44	
Garlic, dehydrated	1 oz	3 tbsp	34	
Ginger, ground		1 tbsp	6	
Caramel Color			5	
Margarine	3 oz	1/3 cup	92	
Flour, wheat, general purpose		1 tbsp	11	
Water, cold	8 oz	1 cup	200	
Starch, edible, modified		2 tbsp	18	

CLINICAL DIET APPLICATION

RECIPE NUMBER L-9 (Mod)

THE MODIFIED RECIPE FOR BEEF POT ROAST MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Beef Pot Roast, L-9 for Regular Diet.
Omit black pepper in Step 2.

WHEN SALT IS PERMITTED

USE CAL/R BLAND BEEF POT ROAST.

CALORIE EXCHANGE:

1 oz (30 grams) cooked pot roast = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked pot roast = 1 calorie exchange meat fat control.

GROUND MEAT:

USE BEEF POT ROAST, GROUND MEAT BLAND

THINNED STRAINED:

USE BEEF POT ROAST, THINNED STRAINED

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND BEEF POT ROAST

SODIUM EXCHANGE:

1 oz (30 grams) cooked pot roast = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked pot roast = 1 sodium calorie exchange meat.

RENAL DIET:

NA-CAL/R BLAND BEEF POT ROAST MAY BE USED IN RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland: Portion meat in individual container. Cover with 3 oz Brown Gravy O-16 (Mod). Cover, label and freeze.

Beef Pot Roast, Ground Meat Bland and Thinned Strained: See recipe for directions.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-9 (Mod)

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

249

g

GRAMS

PROTEIN

25.16

CARBOHYDRATE

1.05

FAT

15.25

mg

CALCIUM

21.99

PHOSPHORUS

127.95

IRON

3.54

SODIUM

278.13

POTASSIUM

217.71

MAGNESIUM

25.31

BEEF POT ROAST (Oven Method)				
YIELD: 10 Portions			EACH PORTION: 3 oz	
PAN SIZE: 13 by 9 - inch Roasting Pan		TEMPERATURE: 325°F. Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, pot roast, lean thawed Water	4 lb	1 cup	1814	1. Trim all visible fat. 2. Place meat in water.
Salt Thyme, ground Ginger, ground Garlic, dehydrated		1 tsp 1 tsp 1 tsp 1/4 tsp	6	3. Sprinkle roast with mixture of salt, thyme, ginger, and garlic.
Onions, dry, chopped	4 oz	3/4 cup	113	4. Add onions. Cover pan. 5. Roast 3 to 4 hours or until tender. Turn roast 2 or 3 times during cooking. Add small amounts of water as required. 6. Let stand 20 minutes before slicing.
VARIATION: If using 2 Cal/R Meat Exchange portions, recipe will yield 15 - 2 oz portions.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-9 (Mod)

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

32 249

GRAMS

PROTEIN 25.16

CARBOHYDRATE 1.05

FAT 15.25

mg

CALCIUM 20.47

PHOSPHORUS 127.59

IRON 3.54

SODIUM 45.58

POTASSIUM 217.68

MAGNESIUM 24.60

BEEF POT ROAST (Oven Method)				
YIELD: 10 Portions			EACH PORTION: 3 oz	
PAN SIZE: 13 by 9 - inch Roasting Pan		TEMPERATURE: 325°F. Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, pot roast, lean thawed Water	4 lb	1 cup	1814	1. Trim all visible fat. 2. Place meat in water.
Thyme, ground Ginger, ground Garlic, dehydrated		1 tsp 1 tsp 1/4 tsp		3. Sprinkle roast with mixture of thyme, ginger and garlic.
Onions, dry, chopped	4 oz	3/4 cup	113	4. Add onions. Cover pan. 5. Roast 3 to 4 hours or until tender. Turn roast 2 or 3 times during cooking. Add small amounts of water as required. 6. Let stand 20 minutes before slicing.
VARIATION: If using 2 Na-Cal/R Meat Exchange portions, recipe will yield 15 - 2 oz portions.				

RECIPE FOR MODIFIED DIETS

GROUND MEAT BLAND

RECIPE NUMBER L-9 (Mod) (1)

Adapted from WRAMC Production Guide

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

308

GRAMS

PROTEIN 25.52

CARBOHYDRATE 7.86

FAT 19.04

mg

CALCIUM 31.59

PHOSPHORUS 226.01

IRON 3.66

SODIUM 845.23

POTASSIUM 460.53

MAGNESIUM 34.13

BEEF POT ROAST				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	2 lb 12 oz		1247	1. Cook beef in its own fat until it loses its pink color, stirring to break apart. Drain or skim off excess fat. Set aside for use in Step 5.
Carrots, finely chopped Water, boiling	1 lb	1 1/3 cup 2 cups	454	2. Add carrots to boiling water and simmer 10 minutes or until tender. Save 1/3 cup cooked carrots for use in Step 7.
Tomato paste, canned Vinegar Soup and gravy base, beef flavored Sugar, granulated Salt Bay leaves, ground Thyme, ground All spice, ground Margarine	1 1/2 oz	1/2 cup 3 tbsp 4 1/3 tsp 2 1/3 tsp 1 1/2 tsp 1/8 tsp 1/8 tsp 1/8 tsp 3 tbsp	121 43 17 11 9 43	3. Add tomato paste, vinegar, soup and gravy base, sugar, salt, bay leaves, thyme, allspice and margarine to carrots and water. Heat to simmering; simmer 2 minutes.
Flour, wheat, general purpose Starch, edible, modified Water, cold	4 oz	1 tbsp 2 tbsp 1/2 cup	7 18 113	4. Blend flour and starch and add to water to make a slurry. Add to sauce while stirring. Heat to boiling. 5. Add cooked meat and blend well.
(CONTINUED)				

(CONTINUED)

RECIPE FOR MODIFIED DIETS

(CONTINUED)

GROUND MEAT BLAND

RECIPE NUMBER L-9 (Mod) (2)

Adapted from WRAMC Production Guide

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

34

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

BEEF POT ROAST				
YIELD:		EACH PORTION:		
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				6. Portion into 6 oz servings using #6 scoop. 7. Garnish with chopped, cooked carrots. 8. Serve immediately or freeze for later use.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-9 (Mod)

THINNED STRAINED

Adapted from WRAMC Production Guide

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams

CALORIES

224

GRAMS

PROTEIN 16.74

CARBOHYDRATE 17.31

FAT 9.79

mg

CALCIUM 42.02

PHOSPHORUS 159.29

IRON 2.78

SODIUM 923.65

POTASSIUM 455.58

MAGNESIUM 32.80

BEEF POT ROAST					
YIELD: 10 Portions			EACH PORTION: 1 Cup		
PAN SIZE: 7 Quart Saucepan		TEMPERATURE:			
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD	
Beef, ground, thawed	1 lb 4 oz		567	1. Add ground beef and carrots to boiling water. Simmer 5 minutes until carrots are tender.	
Carrots, chopped		3/4 cup			
Water, boiling	3 lb	1 1/2 qt	1361		
Tomato paste, canned		1 cup	225	2. Add tomato paste, sugar, vinegar, salt, starch, flour, onion powder, black pepper, garlic, thyme, cloves and bay leaves. 3. Heat to simmering while stirring. 4. Place in blender and blend on high speed 2 minutes or until smooth. 5. Portion into 8 oz portions. 6. Serve immediately or freeze.	
Sugar, granulated		1/4 cup	56		
Vinegar		3 tbsp	43		
Salt		1 tbsp	18		
Starch, edible, modified		1/4 cup	36		
Flour, wheat, general purpose		3 tbsp	21		
Onion powder		2 tbsp	17		
Pepper, black, ground		1/8 tsp			
Garlic, granulated		1/8 tsp			
Thyme, ground		1/8 tsp			
Clove, ground		1/8 tsp			
Bay leaf ground		pinch			

CLINICAL DIET APPLICATION

RECIPE NUMBER L-13 (Mod)

THE MODIFIED RECIPE FOR PEPPER STEAK MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Pepper Steak, L-13 for Regular Diet. Omit black pepper in Step 3.

WHEN SALT IS PERMITTED

USE CAL/R BLAND PEPPER STEAK.

CALORIE EXCHANGE:

3

1 Portion = 3 calorie exchange meat and
1 calorie exchange vegetable

(For 2 exchange portion, see recipe variation)

CALORIE EXCHANGE MEAT FAT CONTROL:

1 Portion = 3 calorie exchange meat fat control
and 1 calorie exchange vegetable

(For 2 exchange portion, see recipe variation)

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND PEPPER STEAK.

SODIUM EXCHANGE:

1 Portion = 3 sodium exchange meat and
1 sodium exchange vegetable

(For 2 exchange portion, see recipe variation)

SODIUM CALORIE EXCHANGE:

1 Portion = 3 sodium calorie exchange meat and
1 sodium calorie exchange vegetable

(For 2 exchange portion, see recipe variation)

RENAL DIET:

RECIPE NOT DEVELOPED.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meat in individual container. Cover, label, and freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-13 (Mod) (1)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges and
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

130 Grams

CALORIES

206

37

GRAMS

PROTEIN

29.19

CARBOHYDRATE

8.22

FAT

5.70

mg

CALCIUM

25.99

PHOSPHORUS

262.61

IRON

3.80

SODIUM

295.29

POTASSIUM

481.89

MAGNESIUM

36.86

PEPPER STEAK				
YIELD: 10 Portions			EACH PORTION: 3 oz Meat and 2 oz Sauce	
PAN SIZE: 13 by 9-inch pan		TEMPERATURE: 400°F Griddle; 325°F Oven.		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, braising steak, swiss, tempered	3 lb 12 oz	10 steaks	1701	1. Remove all visible fat from steaks. 2. Cut steaks into 1/2 inch strips. (2 lb strips needed) 3. Brown strips on griddle. Place in roasting pan. Set aside for use in Step 4.
Water Soup and gravy base, beef flavored Tomato paste, cnd Vinegar Ginger, ground Garlic, granulated	3 oz 1 oz	1 1/2 cups 1 tbsp 1/3 cup 2 tbsp 1/2 tsp 1/2 tsp	9 85 28	4. Combine water, soup base, tomato paste, vinegar, ginger and garlic, blend well; heat to a boil.
Starch, edible, modified Water, cold	1 1/2 oz	4 2/3 tbsp 2/3 cup	42	5. Blend starch and water until smooth. Add to tomato sauce. Cook until thickened, while stirring. 6. Pour evenly over steaks; cover and bake 2 hours.
Onions, dry, chopped Peppers, sweet, fresh, 1/4 inch strips Garlic, dry, minced	4 oz 13 oz	3/4 cup 4 1/3 cups 2 cloves (2 tsp)	113 369	7. Add onions, peppers and garlic to beef strips. Cover. Bake 30 minutes.
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

(CONTINUED)

RECIPE NUMBER L-13 (Mod) (2)

CAL/R BLAND

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

38

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

PEPPER STEAK				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
NOTE: In Step 3, a nonstick vegetable spray may be used for browning meat.				
VARIATION: For 10 portions, 2 Cal/R Meat Exchanges and 1 Cal/R Vegetable Exchange (2 oz Meat and 2 oz Sauce), use 2 lb 8 oz (7 steaks) swiss steak, tempered in Step 1. Browned strips should weigh 1 lb 4 oz in Step 3.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-13 (Mod) (1)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges and
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

130 Grams

CALORIES

204

36

GRAMS

PROTEIN

29.05

CARBOHYDRATE

8.01

FAT

5.62

mg

CALCIUM

25.45

PHOSPHORUS

259.73

IRON

3.80

SODIUM

77.85

POTASSIUM

477.87

MAGNESIUM

36.40

PEPPER STEAK				
YIELD: 10 Portions			EACH PORTION: 3 Oz Meat And 2 Oz Sauce	
PAN SIZE: 13 by 9-inch Roasting Pan			TEMPERATURE: 400°F Griddle; 325°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, braising steak, swiss, tempered	3 lb 12 oz	10 steaks	1701	1. Remove all visible fat from steaks. 2. Cut steaks into 1/2 inch strips (2 lb strips needed). 3. Brown strips on griddle. Place in roasting pan. Set aside for use in Step 4.
Water	12 oz	1 1/2 cups		4. Combine water, soup base, tomato paste, vinegar, ginger and garlic. Blend well; heat to a boil.
Soup base, beef, Na/R		1 tbsp	9	
Tomato paste, cnd, Na/R	3 oz	1/3 cup	85	
Vinegar	1 oz	2 tbsp	28	
Ginger, ground		1/2 tsp		5. Blend starch and water until smooth. Add to tomato sauce. Cook until thickened while stirring.
Garlic, granulated		1/2 tsp		
Starch, edible, modified	1 1/2 oz	4 2/3 tbsp	42	6. Pour evenly over steaks; cover and bake 2 hours.
Water, cold		2/3 cup		
Onions, dry, chopped	4 oz	3/4 cup	113	7. Add onions, peppers, and garlic to beef strips. Bake 30 minutes.
Peppers, sweet, fresh	13 oz	4 1/3 cups	369	
1/4 inch strips				
Garlic, dry, minced		2 cloves (2 tsp)		
NOTE: In Step 3, a nonstick vegetable spray may be used for browning meat.				
(CONTINUED)				

RECIPE FOR MODIFIED DIETS

NA-CAL/R ELAND

(CONTINUED)

RECIPE NUMBER L-13 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

of

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

PEPPER STEAK				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
VARIATION: For 10 portions, 2 Na-Cal/R Meat Exchanges and 1 Na-Cal/R Vegetable Exchange (2 oz meat and 2 oz sauce), use 2 lb 8 oz (7 steaks) swiss steak, tempered in Step 1. Browned strips should weigh 1 lb 4 oz in Step 3.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-14 (Mod)

THE MODIFIED RECIPE FOR SPANISH STEAK

MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Spanish Steak, L-14 for Regular Diet.
Omit black pepper in Step 1.

WHEN SALT IS PERMITTED

USE CAL/R BLAND SPANISH STEAK

CALORIE EXCHANGE:

1 Portion = 3 calorie exchange meat and 1 calorie exchange vegetable
(For 2 exchange portion, see recipe variation)

CALORIE EXCHANGE MEAT FAT CONTROL:

1 Portion = 3 calorie exchange meat fat control and 1 calorie exchange vegetable
(For 2 exchange portion, see recipe variation)

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND SPANISH STEAK

SODIUM EXCHANGE:

1 Portion = 3 sodium exchange meat and 1 sodium exchange vegetable
(For 2 exchange portion, see recipe variation)

SODIUM CALORIE EXCHANGE:

1 Portion = 3 sodium calorie exchange meat and 1 sodium calorie exchange vegetable
(For 2 exchange portion, see recipe variation)

RENAL DIET:

RECIPE NOT DEVELOPED

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland: Portion meat and sauce in individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-14 (Mod) (1)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges and
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

195

24

GRAMS

PROTEIN 29.03

CARBOHYDRATE 5.63

FAT 5.64

mg

CALCIUM 24.93

PHOSPHORUS 260.40

IRON 3.81

SODIUM 289.89

POTASSIUM 496.23

MAGNESIUM 36.95

SPANISH STEAK				
YIELD: 10 Portions		EACH PORTION: 3 oz Steak and 3 oz Sauce		
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 400°F Griddle; 350°F Oven.		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, braising steak, swiss, tempered	3 lb 12 oz	10 steaks	1701	1. Remove all visible fat from steak. Trim each steak to weigh 4 1/2 ounces. 2. Brown steaks on griddle; overlap in roasting pan.
Garlic, dehydrated		1/4 tsp		3. Combine garlic, onion, peppers, tomato paste, bay leaf, celery, thyme, soup and gravy base and water.
Onions, dry chopped	2 oz	6 tbsp	57	
Peppers, sweet, fresh, chopped	3 oz	9 tbsp	85	
Tomato paste, canned	5 oz	2/3 cup	142	
Bay leaf		1/4 leaf		
Celery, chopped	1 1/2 oz	4 1/2 tbsp	43	
Thyme, ground		1/8 tsp	6	
Soup and gravy base, beef flavored		2 tsp		
Water		2 cups		
Starch, edible, modified		4 1/2 tsp	14	4. Blend starch and flour. Add to sauce mixture and blend well. 5. Pour over steaks. Cover and bake 2 1/2 hours or until tender.
Flour, wheat, general purpose		1 tbsp	7	
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

(CONTINUED)

RECIPE NUMBER L-14 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

g

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

SPANISH STEAK				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
<p>NOTE: In Step 1, a nonstick vegetable spray may be used for browning meat. Spray griddle before heating.</p> <p>VARIATION: For 2 Cal/R Meat Exchanges and 1 Cal/R Vegetable Exchange per portion, trim each steak to weigh 3 ounces in Step 1. 10 Portions - 2 ounce cooked steaks plus 3 ounces sauce.</p>				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-14 (Mod) (1)

EXCHANGES

3 Na-Cal/R Meat Exchanges
and
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

194

GRAMS

PROTEIN 28.93

CARBOHYDRATE 5.49

FAT 5.58

mg

CALCIUM 24.57

PHOSPHORUS 258.48

IRON 3.81

SODIUM 80.08

POTASSIUM 493.56

MAGNESIUM 36.64

SPANISH STEAK				
YIELD: 10 Portions			EACH PORTION: 3 oz Steak and 3 oz Sauce	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 400°F Griddle; 350°F Oven.		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, braising steak, swiss, tempered	3 lb 12 oz	10 steaks	1701	1. Remove all visible fat from steak. Trim each steak to weigh 4 1/2 ounces. 2. Brown steaks on griddle; overlap in roasting pan.
Garlic, dehydrated		1/4 tsp		3. Combine garlic, onion, peppers, tomato paste, bay leaf, celery, thyme, soup and gravy base, and water.
Onions, dry, chopped	2 oz	6 tbsp	57	
Pepper, sweet, fresh, chopped	3 oz	9 tbsp	85	
Tomato paste, canned	5 oz	2/3 cup	142	
Bay leaf		1/4 leaf		
Celery, chopped	1 1/2 oz	4 1/2 tbsp	43	
Thyme, ground		1/8 tsp		
Soup and Gravy base, beef flavored, Na/R		2 tsp	6	
Water		2 cups		
Starch, edible, modified		4 1/2 tsp	14	4. Blend starch and flour. Add to sauce mixture and blend well. 5. Pour over steaks. Cover and bake 2 1/2 hours or until tender.
Flour, wheat, general purpose		1 tbsp	7	
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

(CONTINUED)

RECIPE NUMBER L-14 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

g

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

SPANISH STEAK				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
<p>NOTE: In Step 1, a nonstick vegetable spray may be used for browning meat. Spray griddle before heating.</p> <p>VARIATION: For 2 Na-Cal/E Meat Exchanges and 1 Na-Cal/E Vegetable Exchange per portion, trim each steak to weigh 3 ounces in Step 1. 10 Portions - 2 oz cooked steak plus 3 oz sauce.</p>				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-15 (Mod)

THE MODIFIED RECIPE FOR STEAK SMOTHERED WITH ONIONS MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Steak Smothered with Onions, L-15 for Regular Diet.
Omit black pepper in Step 1.

WHEN SALT IS PERMITTED

USE CAL/R BLAND STEAK SMOTHERED WITH ONIONS.

CALORIE EXCHANGE:

1 oz (30 grams) cooked steak = 1 calorie exchange meat.
1/2 cup (105 grams) cooked onions = 1 calorie exchange vegetable.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked steak = 1 calorie exchange meat fat control.
1/2 cup (105 grams) cooked onions = 1 calorie exchange vegetable.

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND STEAK SMOTHERED WITH ONIONS.

SODIUM EXCHANGE:

1 oz (30 grams) cooked steak = 1 sodium exchange meat.
1/2 cup (105 grams) cooked onions = 1 sodium exchange vegetable.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked steak = 1 sodium calorie exchange meat.
1/2 cup (105 grams) cooked onions = 1 sodium calorie exchange vegetable.

RENAL DIET:

USE NA-CAL/R BLAND STEAK SMOTHERED WITH ONIONS.
2 oz (60 grams) cooked steak = 1 portion Renal Meat.
1/2 cup (105 grams) onions, drained, = 1 portion Renal vegetable I, (List 10).

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland: Portion steak and 1/2 cup (105 grams) cooked onions in individual container.
Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-15 (Mod)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges and
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

195 Grams

CALORIES

204

GRAMS

PROTEIN 29.63

CARBOHYDRATE 7.51

FAT 5.66

mg

CALCIUM 41.36

PHOSPHORUS 276.02

IRON 3.79

SODIUM 179.76

POTASSIUM 443.43

MAGNESIUM 38.88

STEAK SMOTHERED WITH ONIONS				
YIELD: 10 Portions			EACH PORTION: 3 oz Cooked Steak and 1/2 Cup Onions	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 350°F Griddle; 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, Braising Steak, swiss, tempered	3 lb 12 oz	10 steaks	1701	1. Remove all visible fat from steak. Trim each steak to weigh 4 1/2 ounces. 2. Brown steaks on griddle; overlap in roasting pan.
Onions, dry sliced	2 lb 8 oz	7 1/2 cups	1134	3. Cover steaks with onions.
Soup and gravy base, beef flavored Water, boiling		2 tsp 1 cup	6	4. Mix soup base and water; pour over onions and steaks. 5. Cover and bake 2 1/2 hours until tender.
NOTE: In Step 2, a nonstick vegetable spray may be used for browning meat. Spray griddle before heating.				
VARIATION: For 2 Cal/R Meat Exchanges and 1 Cal/R Vegetable Exchange per portion, trim each steak to weigh 3 ounces in Step 1. 10 Portions - 2 oz steaks plus 1/2 cup (105 grams) onions.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-15 (Mod)

EXCHANGES

3 Na-Cal/R Meat Exchanges and
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

195 Grams

CALORIES

203

87

GRAMS

PROTEIN 29.53
CARBOHYDRATE 7.37
FAT 5.60

mg

CALCIUM 41.00
PHOSPHORUS 274.10
IRON 3.79
SODIUM 77.87
POTASSIUM 440.75
MAGNESIUM 38.57

STEAK SMOTHERED WITH ONIONS

YIELD: 10 Portions

EACH PORTION: 3 oz Cooked
Steak and 1/2 Cup Onions

PAN SIZE: 13 by 9-inch Roasting Pan

TEMPERATURE: 350°F Griddle; 325°F Oven

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, Braising steak, swiss, tempered	3 lb 12 oz	10 steaks	1701	1. Remove all visible fat from steak. Trim each steak to weigh 4 1/2 ounces. 2. Brown steaks on griddle; overlap in roasting pan.
Onions, dry sliced	2 lb 8 oz	7 1/2 cups	1134	3. Cover steaks with onions.
Soup and gravy base, beef, Na/R Water, boiling		2 tsp 1 cup	6	4. Mix soup base and water; pour over onions and steaks. 5. Cover and bake 2 1/2 hours or until tender.
NOTE: In Step 2, a nonstick vegetable spray may be used for browning meat. Spray griddle before heating.				
VARIATION: For 2 Na-Cal/R Meat Exchanges and 1 Na-Cal/R Vegetable Exchange per portion, trim each steak to weigh 3 ounces in Step 1. 10 Portions - 2 oz steaks plus 1/2 cup (105 grams) onions.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-17 (Mod)

THE MODIFIED RECIPE FOR BRAISED BEEF AND NOODLES MAY BE USED IN THE FOLLOWING DIETS
(Sodium Restricted Only)

BLAND DIET:

Use AFRS Recipe Braised Beef and Noodles L-17 for Regular Diet.
Omit black pepper in Step 1 and 5.

WHEN SALT IS PERMITTED

CALORIE EXCHANGE:

CALORIE EXCHANGE MEAT FAT CONTROL:

GROUND MEAT:

Recipe not developed

THINNED STRAINED:

Recipe not developed

WHEN SALT IS NOT PERMITTED

This recipe was developed for REGULAR DIET with no added salt (NAS)

SODIUM EXCHANGE:

SODIUM CALORIE EXCHANGE:

RENAL DIET:

Recipe not developed.

DIRECTIONS FOR FREEZING

Na/R Only. Portion in individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-17 (Mod) (1)

SODIUM RESTRICTED ONLY

NUTRITIONAL ANALYSIS OF ONE SERVING

272 Grams

CALORIES

489

50

GRAMS

PROTEIN 32.38

CARBOHYDRATE 31.37

FAT 25.02

mg

CALCIUM 51.33

PHOSPHORUS 323.72

IRON 5.52

SODIUM 108.37

POTASSIUM 581.73

MAGNESIUM 48.91

BRAISED BEEF AND NOODLES				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, diced, thawed Flour, wheat, general purpose, sifted Pepper, black	3 lb 4 oz	3/4 cup 1/4 tsp	1362 117 0.7	1. Dredge beef in mixture of flour and pepper; shake off excess.
Shortening Onions, dry, sliced Garlic, dry, minced	3 oz 6 oz	1/3 cup 1 1/2 cup 1 1/2 tsp	80 180 5	2. Brown beef in shortening. 3. Add onions and garlic; cook until onions are tender. Drain or skim off excess fat. 4. Set aside for use in Step 8.
Soup and Gravy base, beef, Na/R Water, boiling Tomato paste, canned Pepper, black, ground Onion powder Garlic, dehydrated Sugar, granulated Chili, sauce, Na/R	3 lb 2 oz	3 tbsp 1 qt 1 pint 1/4 cup 1/2 tsp 1 tbsp 1/2 tsp 1 3/4 tsp 1/2 tsp	52 1500 55 1 10 2 8 3	5. Reconstitute Soup and Gravy base with boiling water. Add tomato paste, pepper, onion and garlic powder, sugar and chili sauce. Simmer for 2 minutes.
Starch, edible, modified Water, cold	1 oz 8 oz	2 2/3 tbsp 1 cup	20 224	7. Make starch slurry with cold water. Add to other ingredients. Heat to 180°F. 8. Pour sauce over meat and cover. 9. Bake for 2 hours or until meat is tender.
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

(CONTINUED)

RECIPE NUMBER L-17 (Mod) (2)

SODIUM RESTRICTED ONLY

EXCHANGES

NUTRITIONAL ANALYSIS OF ONE SERVING

CALORIES.

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

BRAISED BEEF AND NOODLES				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Noodles	9 1/2 oz		272	10. Cook noodles in boiling water for 10 minutes. Drain thoroughly. 11. Add noodles to meat mixture. Stir well. 12. Bake for an additional 20 minutes or until heated.

CLINICAL DIET APPLICATION

RECIPE NUMBER L-22 (Mod)

THE MODIFIED RECIPE FOR BEEF STEW MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Beef Stew, L-22 for Regular Diet.
Omit black pepper in Step 1.

WHEN SALT IS PERMITTED

USE CAL/R BLAND BEEF STEW

CALORIE EXCHANGE:

1 oz (30 grams) cooked beef = 1 calorie exchange meat.
2/3 cup (150 grams) vegetable and sauce = 1 calorie exchange vegetable.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked beef = 1 calorie exchange meat fat control.
2/3 cup (150 grams) vegetable and sauce = 1 calorie exchange vegetable.

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND BEEF STEW

SODIUM EXCHANGE:

1 oz (30 grams) cooked beef = 1 sodium exchange meat.
2/3 cup (150 grams) vegetable and sauce = 1 sodium exchange vegetable.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked beef = 1 sodium calorie exchange meat.
2/3 cup (150 grams) vegetable and sauce = 1 sodium calorie exchange vegetable.

RENAL DIET:

USE BEEF STEW FOR RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland: Portion stew in individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-22 (Mod)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges and
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

200 Grams

CALORIES

263

GRAMS

PROTEIN

27.01

CARBOHYDRATE

6.99

FAT

13.55

mg

CALCIUM

83.48

PHOSPHORUS

157.54

IRON

3.88

SODIUM

594.55

POTASSIUM

404.73

MAGNESIUM

32.81

BEEF STEW				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, diced, thawed	3 lb 12 oz		1701	1. Remove all visible fat. 2. Brown in saucepan, stirring as needed.
Water, hot		1 1/4 quart		3. Add water, soup and gravy base, bay leaf, parsley, mace, thyme, tomatoes, celery and onions. Bring to a boil and simmer covered 1 hour.
Soup and Gravy Base, Beef	1 oz	3 tbsp	28	
Bay leaf		1 leaf		4. Skim off excess fat from top of sauce and discard.
Parsley, fresh, chopped		1 tbsp	3	
Thyme, ground		1/4 tsp		
Mace, ground		1/8 tsp		
Tomatoes, canned, crushed	1 lb	2 cups	454	
Celery, fresh, diced	2 2/3 oz	1/2 cup	75	
Onions, dry, chopped	2 2/3 oz	1/2 cup	75	
Carrots, raw, sliced 1/2 inch	6 oz	1 1/4 cup	170	5. Add carrots and green beans. Simmer 30 minutes until vegetables are tender.
Beans, green, cut, frozen	5 oz	1 cup	142	
Starch, edible, modified		2 tbsp	18	6. Add starch to water to make a slurry. Add to beef mixture while stirring. Heat to boiling.
Water, cold		1/4 cup		
NOTE: In Step 2, a nonstick vegetable spray may be used for browning meat. Spray saucepan before heating.				
VARIATION: For 2 Cal/R Meat Exchanges and 1 Cal/R Vegetable Exchange per portion, use 2 lb 8 oz Beef, diced, thawed in Step 1.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-22 (Mod)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

200 Grams

CALORIES

256

GRAMS

PROTEIN 26.57

CARBOHYDRATE 6.28

FAT 13.31

mg

CALCIUM 81.80

PHOSPHORUS 148.58

IRON 3.88

SODIUM 61.40

POTASSIUM 392.25

MAGNESIUM 31.38

BEEF STEW				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, diced, thawed	3 lb 12 oz		1701	1. Remove all visible fat. 2. Brown in saucepan, stirring as needed.
Water, hot		1 1/4 Quart		3. Add water, Soup and Gravy base, bay leaf, parsley, mace, thyme, tomatoes, celery and onions. Bring to a boil and simmer covered 1 hour. 4. Skim off excess fat from top of sauce and discard.
Soup and Gravy base, beef, Na/R	1 oz	3 tbsps	28	
Bay leaf		1 leaf		
Parsley, fresh, chopped		1 tbsps	3	
Thyme, ground		1/4 tsp		
Mace, ground		1/8 tsp		
Tomatoes, canned, Na/R, crushed	1 lb	2 cups	454	
Celery, fresh, diced	2 2/3 oz	1/2 cup	75	
Onions, dry, chopped	2 2/3 oz	1/2 cup	75	
Carrots, raw, sliced 1/2 inch	6 oz	1 1/4 cup	170	5. Add carrots and green beans. Simmer 30 minutes until vegetables are tender.
Beans, green, cut, frozen	5 oz	1 cup	142	
Starch, edible, modified		2 tbsps	18	6. Add starch to water to make a slurry. Add to beef mixture while stirring. Heat to boiling.
Water, cold		1/4 cup		
NOTE: In Step 2, a nonstick vegetable spray may be used for browning meat. Spray saucepan before heating.				
VARIATION: For 2 Na-Cal/F Meat Exchanges and 1 Na-Cal/F Vegetable Exchange per portion, use 2 lb 8 oz Beef, diced, thawed in Step 1.				

RECIPE FOR MODIFIED DIETS

RENAL DIET

RECIPE NUMBER L-22 (Mod)

EXCHANGES 2 Renal
Meat Exchanges (List 8) and
1 Renal Vegetable I Exchange
(List 10)

NUTRITIONAL ANALYSIS OF ONE SERVING

149 Grams

CALORIES

255

GRAMS

PROTEIN 19.19

CARBOHYDRATE 8.54

FAT 15.86

mg

CALCIUM 33.94

PHOSPHORUS 123.92

IRON 3.20

SODIUM 42.08

POTASSIUM 242.81

MAGNESIUM 27.34

BEEF STEW				
YIELD: 10 Portions			EACH PORTION: 2 oz Cooked Beef, 2 oz Vegetables I, and 1 oz Sauce	
PAN SIZE: 4 1/2 Quart Saucepan				
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, diced, thawed Butter, sweet, Na/R Onions, dry, chopped	2 lb 8 oz 3 oz 3 3/4 oz	6 tbsp 3/4 cup	1134 85 105	1. Remove all visible fat. 2. Saute diced beef and onions in Na/R butter until beef is browned and onions are tender.
Water Bay leaf, whole Thyme, ground Pepper, black, ground		1 cup 1 leaf 1/2 tsp 1/4 tsp		3. Add water, bay leaf, thyme, and pepper. Simmer covered 1 1/2 hours or until meat is tender. Remove meat and set aside for Step 7.
Starch, edible, modified Water, cold		1 tbsp 1/4 cup	9	4. Combine starch and cold water to make a slurry. Add to gravy while stirring. Simmer until thickened.
Carrots, sliced, raw Water, boiling Peas, canned, Na/R, drained	9 oz 12 2/3 oz	1 2/3 cups 1 cup 1 1/2 cups	255 360	5. Simmer carrots in water 15 minutes or until tender. 6. Add drained peas and return to boil. Drain carrots and peas.
				7. Assemble each portion as follows: 60 grams cooked meat, 59 grams peas and carrot mixture and 30 grams sauce.

CLINICAL DIET APPLICATION

RECIPE NUMBER L-24 (Mod)

THE MODIFIED RECIPE FOR STUFFED CABBAGE ROLLS MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Stuffed Cabbage Rolls, L-24 for Regular Diet.
Omit black pepper and Worcestershire sauce in Step 5.

WHEN SALT IS PERMITTED

USE CAL/R BLAND STUFFED CABBAGE ROLLS.

CALORIE EXCHANGE:

1 Portion = 3 calorie exchange meat and 1 calorie exchange vegetable.

(For 2 exchange portion, see recipe variation)

CALORIE EXCHANGE MEAT FAT CONTROL:

Not Recommended

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND STUFFED CABBAGE ROLLS.

SODIUM EXCHANGE:

1 Portions = 3 sodium exchange meat and 1 sodium exchange vegetable.

(For 2 exchange portion, see recipe variation.)

SODIUM CALORIE EXCHANGE:

1 Portion = 3 sodium calorie exchange meat and 1 sodium calorie exchange vegetable.

(For 2 exchange portion, see recipe variation)

RENAL DIET:

RECIPE NOT DEVELOPED

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion 2 cabbage rolls with tomato sauce in individual container.
Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-24 (Mod)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges and
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

198 Grams

CALORIES

268

GRAMS

PROTEIN

25.05

CARBOHYDRATE

8.32

FAT

14.79

mg

CALCIUM

159.21

PHOSPHORUS

233.21

IRON

4.15

SODIUM

766.78

POTASSIUM

620.04

MAGNESIUM

36.63

STUFFED CABBAGE ROLLS

YIELD: 10 Portions (20 Cabbage Rolls)

EACH PORTION: ² Cabbage
Rolls

⁴ 1/2 Quart Saucepan
PAN SIZE: 13 by 9-inch Roasting Pan

TEMPERATURE: 350°F Oven

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, minced Garlic, dehydrated Thyme, ground Salt	2 lb 8 oz 2 oz	1/4 cup 1/4 tsp 1 tsp 2 tsp	1134 57 12	1. Combine beef, onions, garlic, thyme and salt. Mix lightly but thoroughly. 2. Form into 20 - 2 oz rolls, 2 inches long. 3. Place on ungreased roasting pan. Bake 10 minutes. Drain fat and set aside for use in Step 6.
Cabbage, fresh, A.P. Water, boiling	1 lb 4 oz	To cover	567	4. Trim, wash, and core cabbage; add to boiling water. Cook approximately 10 minutes or until leaves are pliable. 5. Drain well. Separate 20 leaves. 6. Place each meat roll in a cabbage leaf. Fold sides of leaf over meat; roll tightly. 7. Place 20 cabbage rolls, seam side down, in pan.
<u>TOMATO SAUCE:</u> (2 1/4 cups) Tomatoes, canned, crushed Tomato paste, canned Soup and gravy base, beef flavor Basil, sweet, ground Rosemary, whole Lemon juice Garlic, dehydrated	1 lb 4 oz 2 oz	2 cups 1/2 cup 1 3/4 tsp 1 tsp 1/4 tsp 1/4 cup 1/4 tsp	454 113 5 57	8. Combine tomatoes, tomato paste, soup base, basil, rosemary, lemon juice and garlic. Heat to simmering.

(CONTINUED)

RECIPE FOR MODIFIED DIETS

(CONTINUED) RECIPE NUMBER L-24 (Mod) (2)

CAL/R BLAND

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

58

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

STUFFED CABBAGE ROLLS				
YIELD:		EACH PORTION:		
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Starch, edible, .modified Water, cold		2 tbsp 1 cup	18	9. Combine water and starch to make a slurry. 10. Add to tomato sauce and heat to simmering while stirring. 11. Pour sauce evenly over cabbage rolls. 12. Bake covered 1 1/2 - 2 hours.
VARIATION: For 2 Meat Exchanges and 1 Vegetable Exchange, use 1 lb 11 oz ground beef and 1 1/2 tsp salt in Step 1. In Step 2, form into 20 - 38 grams (1 1/3 oz) meat rolls.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-24 (Mod) (1)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges &
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

198 Grams

CALORIES

266

59

GRAMS

PROTEIN 24.97

CARBOHYDRATE 8.15

FAT 14.74

mg

CALCIUM 155.88

PHOSPHORUS 230.89

IRON 4.15

SODIUM 73.23

POTASSIUM 617.76

MAGNESIUM 34.94

STUFFED CABBAGE ROLLS				
YIELD: 10 Portions (20 Cabbage Rolls)			EACH PORTION: 2 Cabbage Rolls	
PAN SIZE: 13 by 9-inch Roasting Pan			TEMPERATURE: 350°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, minced Garlic, dehydrated Thyme, ground	2 lb 8 oz 2 oz	1/4 cup 1/4 tsp 1 tsp	1134 57	1. Combine beef, onions, garlic, and thyme. Mix lightly but thoroughly. 2. Form into 20 - 2 oz rolls, 2 inches long. 3. Place on ungreased roasting pan. Bake 10 minutes. Drain fat and set meat aside for use in Step 6.
Cabbage, fresh, A.P. Water, boiling	1 lb 4 oz	To cover	567	4. Trim, wash, and core cabbage; add to boiling water. Cook approximately 10 minutes or until leaves are pliable. 5. Drain well. Separate 20 leaves. 6. Place each meat roll in a cabbage leaf. Fold sides of leaf over meat; roll tightly. 7. Place 20 cabbage rolls seam side down in pan.
TOMATO SAUCE: (2 1/4 cups) Tomatoes, cnd, Na/R crushed Tomato paste, cnd, Na/R Soup base, Na/R Basil, sweet, ground Rosemary, whole Lemon juice Garlic, dehydrated	1 lb 4 oz 2 oz	2 cups 1/2 cup 1 3/4 tsp 1 tsp 1/4 tsp 1/4 cup 1/4 tsp	454 113 5 57	8. Combine tomatoes, tomato paste, soup base, basil, rosemary, lemon juice and garlic. Heat to simmering.

(CONTINUED)

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

(CONTINUED)

RECIPE NUMBER L-24 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

g

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

STUFFED CABBAGE ROLLS				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Starch, edible, modified Water, cold		2 tbsp 1 cup	18	9. Combine water and starch to make a slurry. 10. Add to tomato sauce and heat to simmering while stirring. 11. Pour sauce evenly over cabbage rolls. 12. Bake covered 1 1/2 - 2 hours.
VARIATION: For 2 Na-Cal/R Meat Exchanges and 1 Na-Cal/R Vegetable Exchange, use 1 lb 11 oz ground beef in Step 1. In Step 2, form into 20 - 38 gram (1 1/3 oz) meat rolls.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-25 (Mod)

THE MODIFIED RECIPE FOR LASAGNA MAY BE USED IN THE FOLLOWING DIETS

LACTOSE RESTRICTED DIET: Not Allowed

BLAND DIET: Use AFRS Recipe Lasagna, L-25 for Regular Diet. Omit black pepper in Step 2.

WHEN SALT IS PERMITTED

USE CAL/R BLAND LASAGNA

CALORIE EXCHANGE:

1 portion = 3 calorie exchange meat, 1 calorie exchange bread, and 1 calorie exchange vegetable.

(For 2 exchange portion, see recipe variation)

CALORIE EXCHANGE MEAT FAT CONTROL:

Not Allowed

GROUND MEAT:

USE AFRS RECIPE LASAGNA L-25 FOR REGULAR DIET

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND LASAGNA

SODIUM EXCHANGE:

1 portion = 3 sodium exchange meat, 1 sodium exchange bread and 1 sodium exchange vegetable.

(For 2 exchange portion, see recipe variation)

SODIUM CALORIE EXCHANGE:

1 portion = 3 sodium calorie exchange meat, 1 sodium calorie exchange bread, and 1 sodium calorie exchange vegetable.

(For 2 exchange portion, see recipe variation)

RENAL DIET:

RECIPE NOT DEVELOPED

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion Lasagna into individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-25 (Mod) (1)

CAL/R BLAND

EXCHANGES 3 Cal/R Meat
Exchanges, 1 Cal/R Bread
Exchange and 1 Cal/R
Vegetable Exchange
**NUTRITIONAL ANALYSIS
OF ONE SERVING**

227 Grams

CALORIES

268

GRAMS

PROTEIN 21.26

CARBOHYDRATE 20.69

FAT 10.87

mg

CALCIUM 261.84

PHOSPHORUS 271.30

IRON 2.28

SODIUM 550.10

POTASSIUM 371.40

MAGNESIUM 22.85

LASAGNA				
YIELD: 10 Portions (5 lb)			EACH PORTION: 8 oz	
4 1/2 Quart Saucepan PAN SIZE: Half Steam Table Pan (12"x10"x2 1/2") TEMPERATURE: 350° F Oven				
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, chopped	8 oz 1 1/3 oz	1/4 cup	227 38	1. Cook beef in its own fat until beef loses its pink color, stirring to break apart. Drain off excess fat. 2. Add onions; saute 3 minutes.
Tomatoes, canned, crushed Oregano, ground Basil, ground Thyme, ground Fennel, ground (optional) Bay leaf Salt Garlic, dehydrated Starch, modified, edible	2 lb	4 cups 1 tsp 1/2 tsp 3/4 tsp 1/4 tsp 1/2 leaf 1/4 tsp 1/4 tsp 2 tbsp	907 18	3. Reserve 1/2 cup liquid from tomato for use in Step 5. 4. Add oregano, basil, thyme, fennel, salt, garlic, and bay leaf to tomatoes. Heat to simmering and remove bay leaf. 5. Combine starch and tomato liquid to make a slurry. 6. Add to tomatoes, stirring constantly. Heat until boiling.
Cheese, cottage, low fat Parsley, dehydrated Eggs, whole, slightly beaten Noodles, lasagna(uncooked) Cheese, mozzarella	1 lb 8 oz 6 oz 7 oz	3 cups 1 tbsp 2 each	680 90 170 198	7. Combine cottage cheese, parsley and eggs. Mix well. 8. Layer: 1. 1 cup tomato sauce. 2. Noodles, flat and in rows. 3. 1 cup tomato sauce. 4. 2 oz cooked meat. 5. 1 cup cottage cheese mixture. (CONTINUED)

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

(CONTINUED)

RECIPE NUMBER L-25 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

63 GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

LASAGNA				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				6. 3 1/2 oz mozzarella cheese. Repeat layers 2 through 6. Use all ingredients. 9. Cover with foil and bake 1 1/2 hours until noodles are cooked. Uncover and cook 15 minutes. Let stand 20 minutes before cutting. 10. Cut 2 by 5.
VARIATION: For 2 Cal/R Meat Exchanges, 1 Cal/R Bread Exchange and 1 Cal/R Vegetable Exchange, omit ground beef in Step 1 and use 3 oz mozzarella cheese in Step 2.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-25 (Mod) (1)

NA-CAL/R BLAND

EXCHANGES 3 Na-Cal/R
Meat Exchanges, 1 Na-Cal/R
Bread Exchange, and 1 Na-
Cal/R Vegetable Exchange
**NUTRITIONAL ANALYSIS
OF ONE SERVING**

227 Grams

CALORIES

267

GRAMS

PROTEIN 22.85

CARBOHYDRATE 20.80

FAT 9.99

mg

CALCIUM 304.30

PHOSPHORUS 301.53

IRON 2.31

SODIUM 55.33

POTASSIUM 377.13

MAGNESIUM 24.09

LASAGNA				
YIELD: 10 Portions (5 lb)			EACH PORTION: 8 Oz.	
PAN SIZE: Half Steam Table Pan (12"x10"x2½") TEMPERATURE: 350°F Oven				
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, chopped	8 oz 1 1/3 oz	1/4 cup	227 38	1. Cook beef in its own fat until beef loses its pink color, stirring to break apart. 2. Add onions; saute 3 minutes.
Tomatoes, canned, crushed, Na/R Oregano, ground Basil, ground Thyme, ground Fennel, ground (optional) Bay leaf Garlic, dehydrated Cinnamon, ground Starch, modified, edible	2 lb	4 cups 1 tsp 1/2 tsp 3/4 tsp 1/4 tsp 1/2 leaf 1/4 tsp 1/8 tsp 2 tbsp	907 18	3. Reserve 1/2 cup liquid from tomato for use in Step 5. 4. Add oregano, basil, thyme, fennel, bay leaf, garlic, and cinnamon to tomatoes. Heat to simmering (Remove bay leaf). 5. Combine starch and tomato liquid to make a slurry. 6. Add to tomatoes, stirring constantly. Heat until thickened.
Cheese, cottage, Na/R Parsley, dehydrated Eggs, whole, slightly beaten Noodles, lasagna (uncooked) Cheese, Na/R shredded	1 lb 8 oz 6 oz 7 oz	3 cups 1 tbsp 2 each	680 90 170 198	7. Combine cottage cheese, parsley and eggs. Mix well. 8. Layer: 1. 1 cup tomato sauce. 2. Noodles, flat and in rows. 3. 1 cup tomato sauce. 4. 2 oz cooked meat. 5. 1 cup cottage cheese mixture. 6. 3½ oz shredded cheese.
(CONTINUED)				

(CONTINUED)

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

(CONTINUED)

RECIPE NUMBER L-25 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS OF ONE SERVING

CALORIES

65

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

LASAGNA				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				Repeat layers 2 through 6, using all ingredients. 9. Cover with foil and bake 1 1/2 hours until noodles are cooked. Uncover and cook 15 minutes. Let stand 20 minutes before cutting. 10. Cut 2 by 5.
VARIATION: For 2 Na-Cal/R Meat Exchanges, 1 Na-Cal/R Bread Exchange and 1 Na-Cal/R Vegetable Exchange, omit ground beef in Step 1 and use 3 oz Na/R Cheese in Step 8.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-26 (Mod)

THE MODIFIED RECIPE FOR SYRIAN BEEF STEW MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFPS Recipe Syrian Beef Stew, L-26 for Regular Diet.
Omit black pepper in Step 2.

WHEN SALT IS PERMITTED

USE CAL/R BLAND SYRIAN BEEF STEW.

CALORIE EXCHANGE:

1 oz (30 grams) cooked meat = 1 calorie exchange meat.
1/2 cup vegetables and sauce = 1 calorie exchange vegetable.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked meat = 1 calorie exchange meat fat
control.
1/2 cup vegetable and sauce = 1 calorie exchange vegetable

GROUND MEAT:

USE SYRIAN BEEF STEW, GROUND MEAT BLAND.

THINNED STRAINED:

USE SYRIAN BEEF STEW, THINNED STRAINED.

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND SYRIAN BEEF STEW.

SODIUM EXCHANGE:

1 oz (30 grams) cooked meat = 1 sodium exchange meat.
1/2 cup vegetables and sauce = 1 sodium exchange vegetable.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked meat = 1 sodium calorie exchange
meat.
1/2 cup vegetable and sauce = 1 sodium calorie exchange
vegetable.

RENAL DIET:

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion 3 oz meat and 1/2 cup vegetables into each individual container. Cover,
label and freeze.
Syrian Beef Stew, Ground Meat Bland and Thinned Strained. See recipe for directions.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-26 (Mod) (1)

EXCHANGES

3 Cal/R Meat Exchanges and
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

190 Grams

CALORIES

265

67 **PROTEIN** 27.26

CARBOHYDRATE 8.23

FAT 13.35

GRAMS

mg

CALCIUM 105.70

PHOSPHORUS 159.93

IRON 4.61

SODIUM 663.53

POTASSIUM 431.87

MAGNESIUM 38.86

SYRIAN BEEF STEW				
YIELD: 10 Portions			EACH PORTION: 3 Ounces	
PAN SIZE: 4 1/2 Quart Saucepan			cooked beef and 1/2 cup vegetables	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, diced, thawed	4 lb		1814	1. Trim all visible fat from beef. 2. Brown beef in saucepan.
Salt Garlic, dehydrated Cinnamon, ground Allspice, ground Water		2 tsp 1 tsp 1 tsp 1 tsp 1 cup	14 4 2 2 227	3. Combine salt, garlic, cinnamon, and allspice; sprinkle over meat. Add water, cover, and simmer gently one hour or until tender.
Tomatoes, canned, crushed Onions, dry, chopped Beans, green, frozen	1 lb 4 oz 4 oz 1 lb 4 oz	2 1/2 cup 3/4 cup	567 113 567	4. Remove meat. Save 1/2 cup liquid for use in Step 6. Cool. 5. Add tomatoes, onions and green beans to remaining liquid. Cover and simmer one-half hour or until vegetables are tender.
Starch, edible, modified	1/2 oz	4 1/2 tsp	14	6. Using cooled liquid, add starch to form a slurry. Add to vegetable mixture while stirring. Heat to simmering. 7. Portion 3 oz meat with 1/2 cup vegetable.
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-26 (Mod) (2)

(CONTINUED)

EXCHANGES

NUTRITIONAL ANALYSIS OF ONE SERVING

CALORIES

68

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

SYRIAN BEEF STEW				
YIELD:		EACH PORTION:		
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
NOTES: 1. In Step 1, 4 lb Beef, diced, thawed (Beef for stewing, frozen, diced, USDA IMPS) will yield 2 lb cooked diced beef after trimming. 2. In Step 2, a nonstick vegetable spray may be used to prevent sticking.				
VARIATION: 1. For 2 Meat Exchanges and 1 Vegetable Exchange, use 2 lb 12 oz beef in Step 1, to yield 10-2 oz portions beef and 10-1/2 cup portions vegetables.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-26 (Mod) (1)

EXCHANGES

3 Na-Cal/R Meat Exchanges
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

190 Grams

CALORIES

264

GRAMS

PROTEIN

27.26

CARBOHYDRATE

8.17

FAT

13.35

mg

CALCIUM

102.16

PHOSPHORUS

159.09

IRON

4.61

SODIUM

48.91

POTASSIUM

431.81

MAGNESIUM

37.19

SYRIAN BEEF STEW				
YIELD: 10 Portions			EACH PORTION: 3 Ounces	
PAN SIZE: 1 1/2 Quart Saucepan			Cooked Beef and 1/2 Cup Vegetables	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, diced, thawed	4 lb		1814	1. Trim all visible fat from beef. 2. Brown beef in saucepan.
Garlic, dehydrated		1 tsp	4	3. Combine garlic, cinnamon and allspice; sprinkle over meat. Add water, cover, and simmer gently one hour or until tender.
Cinnamon, ground		1 tsp	2	
Allspice, ground		1 tsp	2	
Water		1 cup	227	
Tomatoes, canned, Na/R crushed	1 lb 4 oz	2 1/2 cups	567	4. Remove meat. Save 1/2 cup liquid for use in Step 6. Cool.
Onions, dry, chopped	4 oz	3/4 cup	113	5. Add tomatoes, onions and green beans to remaining liquid. Cover and simmer one-half hour or until vegetables are tender.
Beans, green, frozen	1 lb 4 oz		567	
Starch, edible, modified	1/2 oz	4 1/2 tsp	14	6. Using cooled liquid, add starch to form a slurry. Add to vegetable mixture while stirring. Heat to simmering.
				7. Portion 3 oz meat with 1/2 cup vegetable.
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

(CONTINUED)

RECIPE NUMBER L-26 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS OF ONE SERVING

CALORIES

70

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

SYRIAN BEEF STEW				
YIELD:		EACH PORTION:		
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
<p>NOTE: 1. In Step 1, 4 lb Beef, diced, thawed (Beef for stewing, frozen, diced, USDA IMPS) will yield 2 lb cooked diced beef after trimming.</p> <p>2. In Step 2, a nonstick vegetable spray may be used to prevent sticking.</p> <p>VARIATION: 1. For 2 Meat Exchanges and 1 Vegetable Exchange, use 2 lb 12 oz beef in Step 1 to yield 10 - 2 oz portions beef and 10 - 1/2 cup portions vegetables.</p>				

RECIPE FOR MODIFIED DIETS

GROUND MEAT BLAND

RECIPE NUMBER L-26 (Mod)

EXCHANGES

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

296

GRAMS

PROTEIN 23.62

CARBOHYDRATE 5.58

FAT 19.39

mg

CALCIUM 36.27

PHOSPHORUS 198.05

IRON 3.43

SODIUM 587.64

POTASSIUM 412.97

MAGNESIUM 27.29

SYRIAN BEEF STEW				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Starch, edible, modified Water, cold	1/2 oz 14 oz	1 tbsp 1 3/4 cups	11 404	1. Make slurry with starch and water.
Tomatoes, canned, whole Beans, green, frozen Sugar, brown Salt Cinnamon, ground Allspice, ground	14 oz 5 oz	1 3/4 cups 1 cup 2 tbsp 2 tsp 1/4 tsp 1/4 tsp	404 142 23 12 0.7 0.7	2. Combine tomatoes, green beans, brown sugar, salt, cinnamon and allspice. 3. Heat to simmering; simmer for 2 minutes. 4. Add starch slurry, heat to boiling.
Beef, ground, cooked	1 lb 14 oz		850	5. Add cooked, ground beef. 6. Heat to 160°F. 7. Puree in blender for 10 seconds. 8. Portion in 6 oz servings. Garnish with finely chopped pimientos if desired. 9. Serve immediately or freeze for later use.
NOTES: 1. To cook ground beef, brown on griddle and drain excess fat. 2. Yield of beef is calculated as 25% loss in cooking. 2 lb 8 oz raw beef should yield 1 lb 14 oz cooked.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-26 (Mod)

THINNED STRAINED

NUTRITIONAL ANALYSIS OF ONE SERVING

255 Grams
CALORIES
274
72
PROTEIN 15.73
CARBOHYDRATE 11.03
FAT 18.52

mg
CALCIUM 51.31
PHOSPHORUS 142.17
IRON 2.47
SODIUM 1434.82
POTASSIUM 365.83
MAGNESIUM 25.69

SYRIAN BEEF STEW				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, raw, ground, 3/16"	1 lb 9 oz		714	1. Boil raw beef, water, tomatoes, beans, brown sugar, soup and gravy base, salt, cinnamon, allspice, and pepper for 5 minutes in saucepan. 2. Blend in gallon blender on high speed for 2 minutes or until smooth.
Water	2 lb	1 quart	926	
Tomatoes, canned, whole	15 oz	2 cups	430	
Beans, green, frozen	5 oz	1 cup	144	
Sugar, brown	2 oz	1/3 cup	58	
Soup and gravy base, beef flavored.	1 ob	2 tbsp	28	
Salt		1 tbsp	20	
Cinnamon, ground		1 tsp	2	
Allspice, ground		1/3 tsp	0.8	
Pepper, black, ground		1/8 tsp	0.2	
Margarine	2 1/2 oz	1/3 cup	74	3. Make roux with margarine and flour in saucepan. 4. Add blended ingredients to roux and heat to a boil.
Flour, wheat, general purpose		1 tbsp	8	
Starch, edible, modified	1/2 oz	1 2/3 tbsp	14	5. Make starch slurry with starch and water. 6. Add to other ingredients. 7. Heat to 180°F. 8. Portion in 8 oz (1 cup) servings. 9. Serve immediately or freeze for later use.
Water, cold	1 lb	2 cups	454	

CLINICAL DIET APPLICATION

RECIPE NUMBER L-27 (Mod)

THE MODIFIED RECIPE FOR BEEF BALLS STROGANOFF MAY BE USED IN THE FOLLOWING DIETS

LACTOSE RESTRICTED DIET: Not Allowed

BLAND DIET: Use AFRS Recipe Beef Balls Stroganoff, L-27 for Regular Diet.
Omit black pepper and red pepper in Step 4.

WHEN SALT IS PERMITTED

USE CAL/R BLAND BEEF BALLS STROGANOFF.

CALORIE EXCHANGE:

1 Beef Ball (24 grams) and 1 oz (30 grams) sauce =
1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

Not allowed.

GROUND MEAT:

USE AFRS RECIPE BEEF BALLS STROGANOFF, L-27 FOR REGULAR DIET.

THINNED STRAINED:

USE BEEF STROGANOFF, THINNED STRAINED, L-53 (MOD)

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND BEEF BALLS STROGANOFF.

SODIUM EXCHANGE:

1 Beef Ball (24 grams) and 1 oz (30 grams) sauce =
1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 Beef Ball (24 grams) and 1 oz (30 grams) sauce =
1 sodium calorie exchange meat.

RENAL DIET:

RECIPE NOT DEVELOPED.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meat and sauce in individual container. Cover, label and freeze.
Beef Stroganoff, Thinned Strained - See recipe for directions.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-27 (Mod) (1)

EXCHANGES

3 Cal/R Meat Exchanges
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

162 Grams

CALORIES

259

GRAMS

PROTEIN 25.24

CARBOHYDRATE 5.84

FAT 14.27

mg

CALCIUM 42.42

PHOSPHORUS 234.24

IRON 3.37

SODIUM 720.18

POTASSIUM 293.99

MAGNESIUM 66.46

BEEF BALLS STROGANOFF

YIELD: 10 Portions (30 Meat Balls with 1 Quart Sauce)

EACH PORTION: 24 grams ea
3 Meat Balls

PAN SIZE: 4 1/2 Quart Saucepan
18 by 26-inch Sheet Pan

TEMPERATURE: 325°F Oven and 3 oz Sauce

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, finely chopped Garlic, dehydrated Thyme, ground Salt Eggs, whole slightly beaten Water Cereal, rolled oats	2 lb 4 oz	1 tbsp 1/8 tsp 1/4 tsp 1 tsp 1 egg 1/3 cup 1/3 cup	1021 9 6 45 18	1. Combine ground beef, onions, garlic, thyme, salt, egg, water, and rolled oats. Mix lightly, but thoroughly. Avoid overmixing. 2. Shape into 30 meatballs, weighing 33 grams each. 3. Place on sheet pan and bake 10 minutes, or until done. 4. Portion into 10 portions (3 meat balls each).
<u>STROGANOFF SAUCE</u> Water, boiling Soup and Gravy base, Chicken flavor Starch, edible, modified Water, cold Cheese, cottage Paprika, ground	 1 oz 8 oz	2 1/2 cups 2 tbsp 3 tbsp 1/2 cup 1 1/4 cup 1 tsp	 18 28 227	5. Add Soup and Gravy base to boiling water. 6. Make a slurry with starch and cold water, and add to broth while stirring. Heat to simmering. 7. Place broth in blender and add cottage cheese and paprika. Blend 30 seconds or until smooth. Return to simmering.
Mushrooms, canned, drained, sliced	4 oz	3/4 cup	113	8. Add mushrooms to sauce and return to simmering. 9. Pour 3 oz sauce over each portion of meat balls.
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

(CONTINUED)

RECIPE NUMBER L-27 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS OF ONE SERVING

CALORIES

75

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

BEEF BALLS STROGANOFF				
YIELD:		EACH PORTION:		
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
<p>VARIATION: For a 2 Meat Exchange portion, use 2 meat balls per portion in Step 4 and pour 2 oz sauce over each portion in Step 9. (15 portions).</p>				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-27 (Mod) (1)

EXCHANGES

3 Na-Cal/R Meat Exchanges
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

162 Grams

CALORIES

254

GRAMS

PROTEIN 24.94

CARBOHYDRATE 5.52

FAT 14.02

mg

CALCIUM 37.54

PHOSPHORUS 230.89

IRON 3.35

SODIUM 73.41

POTASSIUM 288.41

MAGNESIUM 64.74

BEEF BALLS STROGANOFF

YIELD: 10 Portions (30 Meat Balls with 1 Quart Sauce)

EACH PORTION: (24 grams ea)
3 Meat Balls
and 3 oz Sauce

PAN SIZE: 4 1/2 Quart Saucepan
18 by 26-inch Sheet Pan

TEMPERATURE: 325°F Oven

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, finely chopped Garlic, dehydrated Thyme, ground Eggs, whole, slightly beaten Water Cereal, rolled oats	2 lb 4 oz	1 tbsp 1/8 tsp 1/4 tsp 1 egg 1/3 cup 1/3 cup	1021 9 45 18	1. Combine ground beef, onions, garlic, thyme, egg, water, and rolled oats. Mix lightly, but thoroughly. Avoid overmixing. 2. Shape into 30 meat balls, weighing 33 grams each. 3. Place on sheet pan and bake 10 minutes, or until done. 4. Portion into 10 portions (3 meatballs each).
<u>STROGANOFF SAUCE</u> Water, boiling Soup and Gravy base, Na/R chicken flavor Starch, edible, modified Water, cold Cheese, cottage, Na/R Paprika, ground	 1 oz 8 oz	2 1/2 cups 2 tbsp 3 tbsp 1/2 cup 1 1/4 cup 1 tsp	 18 28 227	5. Add Soup and Gravy base to boiling water. 6. Make a slurry with starch and cold water, and add to broth mixture while stirring. Heat to simmering. 7. Place broth in blender and add cottage cheese and paprika. Blend 30 seconds or until smoth. Return to simmering.
Mushrooms, fresh, sliced	4 oz		113	8. Using a nonstick vegetable spray, saute mushrooms until tender. Add to sauce. 9. Pour 3 oz sauce over each portion of meat balls.
(Continued)				

(Continued)

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

(CONTINUED) **RECIPE NUMBER** L-27 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS OF ONE SERVING

CALORIES

77

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

[illegible]

CLINICAL DIET APPLICATION

RECIPE NUMBER L-30 (Mod)

THE MODIFIED RECIPE FOR CREAMED GROUND BEEF MAY BE USED IN THE FOLLOWING DIETS
(Sodium Restricted Only)

BLAND DIET: Use AFRS Recipe Creamed Ground Beef L-30 for Regular Diet. Omit black pepper in Step 2, and Worcestershire Sauce in Step 4.

WHEN SALT IS PERMITTED

WHEN SALT IS NOT PERMITTED

This recipe was developed for REGULAR DIET with no added salt (NAS)

CALORIE EXCHANGE:

SODIUM EXCHANGE:

CALORIE EXCHANGE MEAT FAT CONTROL:

SODIUM CALORIE EXCHANGE:

GROUND MEAT:

Use AFRS Recipe Creamed Ground Beef L-30 for REGULAR DIET.

RENAL DIET:

Recipe not developed

THINNED STRAINED:

Recipe not developed

DIRECTIONS FOR FREEZING

Na/R Only. Portion in individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

SODIUM RESTRICTED ONLY
(Not allowed on LACTOSE RESTRICTED DIET)

RECIPE NUMBER L-30 (Mod)

CREAMED GROUND BEEF				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	1 lb 9.5 oz		723	1. Brown beef in its own fat in saucepan. Drain off excess fat.
Flour, wheat, general purpose	2 oz	1 tbsp	7	2. Add flour, soup and gravy base Na/R, sugar, pepper, celery and allspice; mix thoroughly and cook about 5 minutes until flour is absorbed.
Soup and gravy base, Na/R		1/4 cup	53	
Onion powder		1 tbsp	9	
Sugar, granulated		1/4 tsp	1	
Celery, ground		1/4 tsp	0.5	
Pepper, black		1/8 tsp	0.4	
Allspice, ground		1/16 tsp	0.2	
Starch, edible, modified	1 oz	1/4 cup	33	3. Mix starch and dry milk with cold water, stirring well to dissolve milk and starch. 4. Add to meat mixture. 5. Heat to 180 F. 6. Serve immediately in individual 2/3 cup portions or freeze for later use.
Milk non-fat, dry	3 oz	3/4 cup	89	
Water, cold	1 lb 15 oz	1 quart	881	

NUTRITIONAL ANALYSIS OF ONE SERVING

150 Grams

CALORIES

197

GRAMS

PROTEIN

18.15

CARBOHYDRATE

8.94

FAT

9.31

mg

CALCIUM

134.37

PHOSPHORUS

215.37

IRON

2.04

SODIUM

87.38

POTASSIUM

332.37

MAGNESIUM

26.46

CLINICAL DIET APPLICATION

RECIPE NUMBER L-35 (Mod)

THE MODIFIED RECIPE FOR MEAT LOAF MAY BE USED IN THE FOLLOWING DIETS

LACTOSE RESTRICTED DIET: Not Allowed

BLAND DIET: Use AFRS Recipe Meat Loaf, L-35 for Regular Diet.
Omit black pepper in Step 1.

WHEN SALT IS PERMITTED

USE CAL/R BLAND MEAT LOAF.

CALORIE EXCHANGE:

g 1 oz (30 grams) cooked meat loaf = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

Not Allowed

GROUND MEAT:

USE AFRS RECIPE MEAT LOAF, L-35 FOR REGULAR DIET.

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND MEAT LOAF.

SODIUM EXCHANGE:

1 oz (30 grams) cooked meat loaf = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked meat loaf = 1 sodium calorie exchange meat.

RENAL DIET:

USE MEAT LOAF, RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meat loaf in individual container. Cover, label and freeze.
Renal Diet - Portion meat loaf in individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-35 (Mod)

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

249

GRAMS

PROTEIN

24.37

CARBOHYDRATE

2.31

FAT

15.09

mg

CALCIUM

30.15

PHOSPHORUS

212.58

IRON

3.35

SODIUM

564.85

POTASSIUM

308.11

MAGNESIUM

24.70

MEAT LOAF				
YIELD: 10 Portions (1 Loaf)			EACH PORTION: 3 Oz	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	2 lb 8 oz		1134	<ol style="list-style-type: none">1. Combine beef, salt, celery, onions, garlic, peppers, milk, egg, tomato juice, thyme, and bread crumbs.2. Mix lightly but thoroughly. Avoid overmixing.3. Shape into one 9 by 4-inch loaf; place on pan.4. Bake 1 1/2 hours to an internal temperature of 160°F. Skim off excess fat and liquid during cooking.5. Cool slightly before slicing.
Salt		2 tsp	12	
Celery, fresh, finely chopped		2 1/2 tbsp	24	
Onions, dry, finely chopped		1 1/4 tbsp	12	
Garlic, dehydrated		1/8 tsp		
Peppers, sweet, finely chopped		2 1/2 tbsp	24	
Milk, nonfat, dry		2 2/3 tsp	7	
Egg, whole, slightly beaten		1 egg	45	
Tomato juice, canned		1/3 cup	65	
Thyme, ground		1/2 tsp		
Bread crumbs		2 1/2 tbsp	18	
VARIATION: For 2 Meat Exchanges per portion, use 2 oz meat loaf portions.				Recipe will yield 15 - 2 oz

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-35 (Mod)

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

249

88

GRAMS

PROTEIN 24.37

CARBOHYDRATE 2.32

FAT 15.09

mg

CALCIUM 26.78

PHOSPHORUS 211.17

IRON 3.31

SODIUM 81.83

POTASSIUM 308.32

MAGNESIUM 22.76

MEAT LOAF				
YIELD: 10 Portions (1 loaf)			EACH PORTION: 3 Ounces	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	2 lb 8 oz		1134	<ol style="list-style-type: none">1. Combine beef, celery, onions, garlic, peppers, milk, egg, tomato juice, thyme, and bread crumbs.2. Mix lightly, but thoroughly. Avoid overmixing.3. Shape into one 9 by 4-inch loaf; place on pan.4. Bake 1 1/2 hours to an internal temperature of 160°F. Skim off excess fat and liquid during cooking.5. Cool slightly.
Celery, fresh, finely chopped		2 1/2 tbsp	24	
Onions, dry, finely chopped		1 1/4 tbsp	12	
Garlic, dehydrated		1/8 tsp		
Peppers, sweet, finely chopped		2 1/2 tbsp	24	
Milk, nonfat, dry		2 2/3 tsp	7	
Egg, whole, slightly beaten		1 egg	45	
Tomato juice, Na/R, cnd.		1/3 cup	65	
Thyme, ground		1/2 tsp		
Bread crumbs, Na/R		2 1/2 tbsp	18	
VARIATION: For 2 Meat Exchanges per portion, use 2 oz meat loaf. Recipe will yield 15 - 2 oz portions.				

RECIPE FOR MODIFIED DIETS

RENAL

RECIPE NUMBER L-35 (Mod)

EXCHANGES

2 Renal Meat Exchanges
(List 8)

NUTRITIONAL ANALYSIS OF ONE SERVING

60 Grams

CALORIES

215

GRAMS

PROTEIN 17.09

CARBOHYDRATE 1.40

FAT 15.33

mg

CALCIUM 14.87

PHOSPHORUS 147.16

IRON 2.34

SODIUM 58.44

POTASSIUM 208.42

MAGNESIUM 16.02

MEAT LOAF				
YIELD: 10 Portions			EACH PORTION: 2 Ounces (2 - 1 oz Slices)	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Celery, finely chopped Onions, dry, finely chopped Peppers, sweet, finely chopped Butter or margarine, Na/R melted	2 oz	1/4 cup 2 tbsp 1/4 cup 1/4 cup	38 19 38 57	1. Saute celery, onions and green peppers in butter or margarine until tender.
Beef, ground, thawed Garlic, dehydrated Thyme, ground Egg Bread crumbs, Na/R	1 lb 12 oz	1/4 tsp 1/4 tsp 1 egg 1 3/4 tbsp	794 45 12	2. Combine ground beef, sauteed vegetables, garlic, thyme, egg and bread crumbs. 3. Mix lightly, but thoroughly. Avoid overmixing. 4. Shape into 2 - 1 lb loaves, 6 by 3 1/2 inches. 5. Bake 1 hour or until internal temperature reaches 160°F. 6. Cool and slice into 20 - one ounce slices.

CLINICAL DIET APPLICATION

RECIPE NUMBER L-37 (Mod)

THE MODIFIED RECIPE FOR SALISBURY STEAK MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Salisbury Steak, L-37 for Regular Diet.
Omit black pepper and Worcestershire sauce in Step 3.

WHEN SALT IS PERMITTED

USE CAL/R BLAND SALISBURY STEAK.

CALORIE EXCHANGE:

32 grams cooked salisbury steak = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

Not Allowed

GROUND MEAT:

USE AFRS RECIPE SALISBURY STEAK, L-37 FOR REGULAR DIET.

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND SALISBURY STEAK.

SODIUM EXCHANGE:

32 grams cooked salisbury steak = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

32 grams cooked salisbury steak = 1 sodium calorie exchange meat.

RENAL DIET:

USE SALISBURY STEAK, RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meat in individual container. Cover, label and freeze.
Renal Diet. Portion meat in individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-37 (Mod)

EXCHANGES
3 Cal/R Meat Exchanges

**NUTRITIONAL ANALYSIS
OF ONE SERVING**
100 Grams

CALORIES

245

GRAMS

PROTEIN 24.08

CARBOHYDRATE 1.51

FAT 15.12

mg

CALCIUM 17.31

PHOSPHORUS 208.53

IRON 3.26

SODIUM 412.31

POTASSIUM 277.92

MAGNESIUM 24.71

SALISBURY STEAK				
YIELD: 10 Portions			EACH PORTION: 1 Steak	
PAN SIZE: 18 by 26-inch Sheet Pan		TEMPERATURE: 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	2 lb 8 oz		1134	<ol style="list-style-type: none">1. Combine ground beef, onion, garlic, celery, thyme, salt, egg, and rolled oats. Mix lightly, but thoroughly. Avoid overmixing.2. Shape into 10 steaks (4" x 3 1/2" x 1/2") weighing 124 grams each.3. Place on ungreased sheet pan and bake 20 minutes or until done.
Onions, dry, finely chopped		1 1/4 tbsp	12	
Garlic, dehydrated		1/2 tsp		
Celery, finely chopped		1 1/4 tbsp	12	
Thyme, ground		1/4 tsp		
Salt		1 1/2 tsp	9	
Egg, whole, slightly beaten		1 egg	45	
Cereal, rolled oats		1/3 cup	18	
VARIATION: For 2 Meat Exchange portions, shape into 15 steaks weighing 83 grams each in Step 2. After cooking, each portion should weigh approximately 63 - 67 grams.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R ELAND

RECIPE NUMBER L-37 (Mod)

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

245

g

GRAMS

PROTEIN

24.08

CARBOHYDRATE

1.51

FAT

15.12

mg

CALCIUM

15.03

PHOSPHORUS

207.99

IRON

3.26

SODIUM

63.48

POTASSIUM

277.88

MAGNESIUM

23.64

SALISBURY STEAK

YIELD: 10 Portions (10 Steaks)

EACH PORTION: 1 Steak

PAN SIZE: 18 by 26-inch Sheet Pan

TEMPERATURE: 325°F Oven

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, finely chopped Garlic, dehydrated Celery, finely chopped Thyme, ground Egg, whole, slightly beaten Cereal, rolled oats	2 lb 8 oz	1 1/4 tbsp 1/2 tsp 1 1/4 tbsp 1/4 tsp 1 egg 1/3 cup	1134 12 12 45 18	1. Combine ground beef, onion, garlic, celery, thyme, egg, and rolled oats. Mix lightly, but thoroughly. Avoid overmixing. 2. Shape into 10 steaks (4" by 3 1/2" by 1/2") weighing 124 grams each. 3. Place on ungreased sheet pan and bake 20 minutes or until done.
VARIATION: For 2 Meat Exchange portions, shape into 15 steaks weighing 83 grams each in Step 2. After cooking, each portion should weigh approximately 63 - 67 grams.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-37 (Mod)

RENAL DIET

EXCHANGES

2 Renal Meat Exchanges
(List 8)

NUTRITIONAL ANALYSIS OF ONE SERVING

65 Grams

CALORIES

218

GRAMS

PROTEIN 17.22

CARBOHYDRATE 1.75

FAT 15.42

mg

CALCIUM 14.37

PHOSPHORUS 152.99

IRON 2.38

SODIUM 49.71

POTASSIUM 213.24

MAGNESIUM 18.83

SALISBURY STEAK				
YIELD: 10 Portions		EACH PORTION: 65 Grams		
PAN SIZE: 18 by 26 - Inch Sheet Pan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Celery, finely chopped		1/4 cup	38	1. Saute celery, onions and green peppers in butter or margarine until tender.
Onions, dry, finely chopped		2 tbsp	19	
Peppers, sweet, finely chopped		1/4 cup	38	
Butter or margarine, Na/R	2 oz	1/4 cup	57	
Beef, ground, thawed	1 lb 12 oz	1/4 tsp	794	2. Combine ground beef, sauteed vegetables, garlic, thyme, egg, and rolled oats. 3. Shape into 10 steaks weighing 90 grams each. 4. Place on greased sheet pan and bake 20 minutes or until done.
Garlic, dehydrated		1/4 tsp		
Thyme, ground		1 egg	45	
Egg, slightly beaten		1/3 cup	18	
Cereal, rolled oats				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-38 (Mod)

THE MODIFIED RECIPE FOR SPAGHETTI SAUCE MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Spaghetti Sauce, L-38 for Regular Diet.
Omit black pepper in Step 2.

WHEN SALT IS PERMITTED

USE CAL/R BLAND SPAGHETTI SAUCE.

CALORIE EXCHANGE:

1 portion = 3 calorie exchange meat and 1 calorie exchange vegetable.
(For 2 exchange portion, see recipe variation.)

CALORIE EXCHANGE MEAT FAT CONTROL:

1 portion = 3 calorie exchange meat fat control and 1 calorie exchange vegetable
(For 2 exchange portion, see recipe variation.)

GROUND MEAT:

USE AFRS RECIPE SPAGHETTI SAUCE, L-38 FOR REGULAR DIET.

THINNED STRAINED:

USE SPAGHETTI SAUCE, THINNED STRAINED.

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND SPAGHETTI SAUCE.

SODIUM EXCHANGE:

1 portion = 3 sodium exchange meat, and 1 sodium exchange vegetable.
(For 2 exchange portion, see recipe variation.)

SODIUM CALORIE EXCHANGE:

1 portion = 3 sodium calorie exchange meat and 1 sodium calorie exchange vegetable.
(For 2 exchange portion, see recipe variation.)

RENAL DIET:

USE SPAGHETTI WITH HERB SAUCE, RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion Spaghetti Sauce in individual container. Cover, label and freeze.
Spaghetti Sauce, Thinned Strained - See recipe for directions.
Spaghetti with Herb Sauce, Renal Diet. DO NOT FREEZE.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-38 (Mod)

EXCHANGES

3 Cal/R Meat Exchanges
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

269

GRAMS

PROTEIN 25.29

CARBOHYDRATE 6.04

FAT 15.14

mg

CALCIUM 74.07

PHOSPHORUS 217.95

IRON 3.75

SODIUM 399.07

POTASSIUM 444.49

MAGNESIUM 26.03

SPAGHETTI SAUCE				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, chopped Garlic, dry, minced	2 lb 8 oz 2 oz	1 tsp (1 clove)	1134 57 3	1. Cook beef until it loses its pink color. Drain fat. 2. Add onions and garlic; saute in meat 3 minutes.
Tomatoes, canned, crushed Tomato paste, canned Salt Oregano, ground Basil, sweet, ground Thyme, ground	1 lb 2 oz	2 cups 3 3/4 tbsp 1 tsp 1/2 tsp 1/2 tsp 1/4 tsp	454 57 6	3. Add tomatoes, tomato paste, salt, oregano, basil, and thyme. Heat to simmering.
Water, cold Starch, edible, modified		3 cups 3 tbsp	27	4. Mix starch and water. 5. Add to tomato sauce. Heat to simmering while stirring
VARIATION: For 2 Cal/R Meat Exchanges and 1 Cal/R Vegetable Exchange, use 1 lb 11 oz ground beef in Step 1.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-38 (Mod)

EXCHANGES

3 Na-Cal/R Meat Exchanges
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

269

GRAMS

PROTEIN

25.29

CARBOHYDRATE

5.99

FAT

15.44

mg

CALCIUM

72.55

PHOSPHORUS

217.59

IRON

3.75

SODIUM

66.30

POTASSIUM

444.47

MAGNESIUM

25.32

SPAGHETTI SAUCE

YIELD: 10 Portions (2 Quarts)

EACH PORTION: 3/4 Cup

PAN SIZE: 4 1/2 Quart Saucepan

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, chopped Garlic, dry, minced	2 lb 8 oz 2 oz	1 tsp (1 clove)	1134 57 3	1. Cook beef until it loses its pink color. Drain fat. 2. Add onions and garlic; saute in meat 3 minutes.
Tomatoes, canned, Na/R, crushed Tomato paste, canned, Na/R Oregano, ground Basil, sweet, ground Thyme, ground	1 lb 2 oz	2 cups 3 3/4 tbsp 1/2 tsp 1/2 tsp 1/4 tsp	454 57	3. Add tomatoes, tomato paste, oregano, basil, and thyme. Heat to simmering.
Water, cold Starch, edible, modified		3 cups 3 tbsp	27	4. Mix starch and water. 5. Add to tomato sauce. Heat to simmering while stirring.
VARIATION: For 2 Na-Cal/R Meat Exchanges and 1 Na-Cal/R Vegetable Exchange, use 1 lb 11 oz ground beef in Step 1.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-38 (Mod)

THINNED STRAINED

Adapted from WRAMC Production Guide

SPAGHETTI SAUCE					
YIELD: 10 Portions			EACH PORTION: 1 Cup		
PAN SIZE: 7 Quart Saucepan		TEMPERATURE:			
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD	
Beef ground, thawed	1 lb 4 oz		454	1. Combine ground beef, water, tomato paste, parmesan cheese, onion powder, garlic, sugar, salt, oregano, basil, pepper, and margarine. Bring to a boil while stirring, and simmer 5 minutes. 2. Place in blender and blend on high speed 2 minutes or until smooth.	
Water	3 lb	6 cups	1361		
Tomato Paste, canned		1 1/3 cups	323		
Parmesan cheese, grated		1/2 cup	56		
Onion powder		1/3 cup	40		
Garlic, dehydrated		1 tbsp	10		
Sugar		1 tbsp	15		
Salt		1 tsp	6		
Oregano, ground		1 tsp	1.9		
Basil, ground		2 tsp	1.5		
Pepper, black, ground		1/4 tsp			
Margarine		2 tbsp	28		
Starch, edible, modified	8 oz	1 tbsp	9	3. Add starch to water to make a slurry. 4. Add to meat mixture while stirring. 5. Heat to simmering. 6. Portion into 8 oz portions. 7. Serve immediately or freeze.	
Water, cold		1 cup			

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams

CALORIES

222

16

GRAMS

PROTEIN 16.44

CARBOHYDRATE 13.17

FAT 11.87

mg

CALCIUM 131.16

PHOSPHORUS 194.70

IRON 2.78

SODIUM 658.52

POTASSIUM 539.09

MAGNESIUM 39.16

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-38 (Mod)

RENAL DIET

EXCHANGES

1 Renal Bread and
Cereal I Exchange (List 2)
NUTRITIONAL ANALYSIS
OF ONE SERVING
95 Grams

CALORIES

177

80 **GRAMS**

PROTEIN 3.91

CARBOHYDRATE 19.76

FAT 9.13

CALCIUM 18.85

PHOSPHORUS 54.57

IRON 0.87

SODIUM 25.31

POTASSIUM 76.32

MAGNESIUM 17.53

SPAGHETTI WITH HERB SAUCE				
YIELD: 10 Portions			EACH PORTION: 1/2 Cup (95 Grams)	
PAN SIZE: 4 1/2 quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, boiling Spaghetti	9 oz	2 1/2 qt	255	1. Add spaghetti to boiling water; stirring until water boils again. Cook 14 to 18 minutes. Drain and rinse with hot water.
Garlic, dry, minced Basil, sweet, ground Parsley, fresh, trimmed Pepper, black, ground Lemon rind, grated Butter, Na/R Cheese, cream	2 2/3 oz 2 2/3 oz	1/2 tsp 1 tsp 1/3 cup Pinch 1/2 tsp 1/3 cup 1/3 cup	17 76 76	2. Place garlic, basil, parsley, pepper, and lemon rind in a blender and whirl until mixture is minced fine. 3. Add Na/R butter and cream cheese to mixture and blend until smooth. 4. Toss the herb mixture with the warm spaghetti until well blended.
NOTE: 255 grams uncooked spaghetti in Step 1 will yield approximately 800 grams cooked spaghetti (80 grams/serving).				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-39 (Mod)

THE MODIFIED RECIPE FOR SPAGHETTI AND MEATBALLS MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Spaghetti with Meatballs, L-39 for Regular Diet.
Omit red pepper in Step 1 and black pepper in Step 6.

WHEN SALT IS PERMITTED

USE CAL/R BLAND SPAGHETTI SAUCE WITH MEATBALLS

CALORIE EXCHANGE:

1 oz (30 grams) or 1 meatball = 1 calorie exchange meat.
4 oz sauce = 1 calorie exchange vegetable.

CALORIE EXCHANGE MEAT FAT CONTROL:

Not Allowed

GROUND MEAT:

USE AFRS RECIPE SPAGHETTI WITH MEATBALLS, L-39 FOR REGULAR DIET.

THINNED STRAINED:

USE SPAGHETTI SAUCE, L-38 (MOD) THINNED STRAINED.

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND SPAGHETTI SAUCE WITH MEATBALLS

SODIUM EXCHANGE:

1 oz (30 grams) or 1 meatball = 1 sodium exchange meat.
4 oz sauce = 1 sodium exchange vegetable.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) or 1 meatball = 1 sodium calorie exchange meat.
4 oz sauce = 1 sodium calorie exchange vegetable.

RENAL DIET:

USE SPAGHETTI WITH HERB SAUCE, L-38 (MOD) RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meatballs and sauce into individual container. Cover, label and freeze.
Spaghetti Sauce, Thinned Strained, L-38 (Mod) - See recipe for directions.
Spaghetti with Herb Sauce, Renal Diet, L-38 (Mod). DO NOT FREEZE.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER I-39 (Mod)

EXCHANGES

3 Cal/R Meat Exchanges
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams Meatballs
100 Grams Sauce

CALORIES

291

76

GRAMS

PROTEIN 26.48

CARBOHYDRATE 9.10

FAT 16.12

mg

CALCIUM 82.60

PHOSPHORUS 243.50

IRON 4.07

SODIUM 566.38

POTASSIUM 527.65

MAGNESIUM 33.95

SPAGHETTI SAUCE WITH MEATBALLS				
YIELD: 10 Portions (30 Meatballs and 1 1/4 Quart Sauce)			EACH PORTION: 3 Meatballs and 1/2 Cup Sauce	
PAN SIZE: 18 by 26-inch Sheet Pan 4 1/2 Quart Saucepan		TEMPERATURE: 325° F. Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, finely chopped Garlic, dehydrated Salt Oregano, ground Egg, whole, sl. beaten Water Cereal, rolled oats	2 lb 8 oz	1 1/4 tbsp 1 1/2 tsp 1/2 tsp 1/2 tsp 1 egg 1/3 cup 1/3 cup	1134 12 9 45 18	1. Combine ground beef, onions, garlic, salt, oregano, egg, water, and rolled oats. 2. Shape into 30 meatballs, weighing 45 grams each. 3. Place on sheet pan and bake 20 minutes or until done. 4. Drain well, and portion into 10 portions (3 1-oz meatballs per portion.)
<u>SPAGHETTI SAUCE</u> Onions, dry, chopped Garlic, dry, minced Water, hot	1 1/3 oz	1/4 cup 1 tsp (1 clove) 3 cups	38 3	5. Simmer onions and garlic in water until tender.
Tomatoes, canned, crushed Tomato paste, canned Oregano, ground Salt Basil, sweet, ground Thyme, ground Starch, edible, modified	1 lb 4 oz	2 cups 7 1/2 tbsp 1/2 tsp 1/2 tsp 1/2 tsp 1/4 tsp 3 tbsp	454 113 27	6. Combine tomatoes, tomato paste, oregano, salt, basil, thyme and starch. Blend with wire whip. 7. Add to onion, garlic and water while stirring. Heat until thickened. 8. Portion 1/2 cup over meatballs.
VARIATION: For 2 Cal/R Meat Exchanges and 1 Cal/R Vegetable Exchange, portion 2 1-oz meatballs per portion in Step 4, and 1/2 cup sauce in Step 8.				

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges
1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS
OF ONE SERVING

90 Grams Meatballs
100 Grams Sauce

CALORIES

291

PROTEIN

26.48

CARBOHYDRATE

9.06

FAT

16.12

CALCIUM

80.32

PHOSPHORUS

242.96

IRON

4.07

SODIUM

74.02

POTASSIUM

527.62

MAGNESIUM

32.88

SPAGHETTI SAUCE WITH MEATBALLS				
YIELD: 10 Portions (30 Meatballs and 1 1/4 Quart Sauce)			EACH PORTION: 1/2 Cup Sauce	
PAN SIZE: 18 by 26-inch Sheet Pan 4 1/2 Quart Saucepan		TEMPERATURE: 325° F. Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, finely chopped Garlic, dehydrated Oregano, ground Egg, whole, sl. beaten Water Cereal, rolled oats	2 lb 8 oz	1 1/4 tbsp 1 1/2 tsp 1/2 tsp 1 egg 1/3 cup 1/3 cup	1134 12 9 45 18	1. Combine ground beef, onions, garlic, oregano, egg, water, and rolled oats. 2. Shape into 30 meatballs, weighing 45 grams each. 3. Place on sheet pan and bake 20 minutes or until done. 4. Drain well, and portion into 10 portions (3 1-oz meat- balls per portion.)
<u>SPAGHETTI SAUCE</u> Onions, dry, chopped Garlic, dry, minced Water, hot	1 1/3 oz	1/4 cup 1 tsp (1 clove) 3 cups	38 3	5. Simmer onions and garlic in water until tender.
Tomatoes, canned, Na/R crushed Tomato paste, canned Na/R Oregano, ground Basil, sweet, ground Thyme, ground Starch, edible, modified	1 lb 4 oz	2 cups 7 1/2 tbsp 1/2 tsp 1/2 tsp 1/4 tsp 3 tbsp	454 113 27	6. Combine tomatoes, tomato paste, oregano, basil, thyme, and starch. Blend with wire whip. 7. Add to onion, garlic and water while stirring. Heat until thickened. 8. Portion 1/2 cup over meat- balls.
VARIATION: For 2 Na-Cal/R Meat Exchanges and 1 Na-Cal/R Vegetable Exchange, portion 2 1-oz meatballs per portion in Step 4, and 1/2 cup sauce in Step 8.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-40 (Mod)

THE MODIFIED RECIPE FOR STUFFED GREEN PEPPERS MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET : Use AFRS Recipe Stuffed Green Peppers, L-40 for Regular Diet.
Omit black pepper and red pepper in Step 1, Tomato Sauce, 0-15
and black pepper and Worcestershire sauce in Step 5, L-40

WHEN SALT IS PERMITTED

USE CAL/R BLAND STUFFED GREEN PEPPERS.

CALORIE EXCHANGE:

1 Portion = 3 calorie exchange meat and 1 calorie exchange vegetable.
(For 2 exchange portion, see recipe variation)

CALORIE EXCHANGE MEAT FAT CONTROL:

Not Recommended

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND STUFFED GREEN PEPPERS.

SODIUM EXCHANGE:

1 Portion = 3 sodium exchange meat and 1 sodium exchange vegetable.
(For 2 exchange portion, see recipe variation)

SODIUM CALORIE EXCHANGE:

1 Portion = 3 sodium calorie exchange meat and 1 sodium calorie exchange vegetable.
(For 2 exchange portion, see recipe variation)

RENAL DIET:

RECIPE NOT DEVELOPED

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion in individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-40 (Mod)(1)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges
and 1 Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

200 Grams

CALORIES

336

GRAMS

PROTEIN 24.70

CARBOHYDRATE 15.30

FAT 19.36

mg

CALCIUM 245.82

PHOSPHORUS 379.57

IRON 3.31

SODIUM 744.71

POTASSIUM 454.17

MAGNESIUM 32.06

STUFFED GREEN PEPPERS				
YIELD: 10 Portions			EACH PORTION: 1 Stuffed Pepper	
PAN SIZE: ^{4 1/2} / ₁₃ Quart Saucepan by 9 - Inch Roasting Pan			TEMPERATURE: 350° F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Peppers, sweet, fresh, green	2 lb A.P.	10 small or 5 large	907	1. Wash peppers. Cut each pepper in half lengthwise; remove core. Each half should weigh 70 grams.
Water, boiling		to cover		2. Place peppers in boiling water. Return to boil; cook 1 minute. Drain well. Set aside for use in Step 6.
Rice, cooked	14 oz	2 1/2 cups	400	3. Prepare rice according to Recipe No. E-5.
Beef, ground, thawed	1 lb 10 oz		737	4. Brown beef in its own fat until meat loses its pink color. Stir to break apart. Drain off all fat.
Onions, dry, chopped	2 2/3 oz	1/2 cup	75	5. Combine cooked rice, beef, onions, tomatoes, parsley, thyme, and salt. Mix well.
Tomatoes, canned, crushed	8 oz	1 cup	227	6. Fill each pepper with 2/3 cup beef mixture. Place filled peppers in roasting pan.
Parsley, fresh, chopped		2 tbsp	3	7. Pour 1 cup water around peppers in roasting pan. Cover.
Thyme, ground		1/2 tsp		8. Bake until peppers are tender, about 1 hour.
Salt		1 tsp	6	
(CONTINUED)				

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

(CONTINUED)

RECIPE NUMBER L-40 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

g

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

STUFFED GREEN PEPPERS				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Cheese, sliced, Cheddar or American processed	10 oz	10 slices	284	9. Place 1 ounce cheese over each stuffed pepper. Return to oven for 5 minutes to melt cheese.
NOTES: 1. In Step 3, 100 grams (1/2 cup) rice cooked in 3 cups water will yield 2 1/2 cups (400 grams) cooked rice. 2. If 2 stuffed peppers are desired per portion, cut peppers into 20 - 35 gram pieces in Step 1. Fill each with 1/3 cup filling in Step 6 and use 1/2 slice of cheese on each pepper in Step 9.				
VARIATION: For 2 Cal/R Meat Exchanges and 1 Cal/R Vegetable Exchange omit cheese in Step 9.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER I-40 (Mod) (1)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges and
1 Na-Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

200 Grams

CALORIES

336

GRAMS

PROTEIN 24.70

CARBOHYDRATE 15.26

FAT 19.36

mg

CALCIUM 224.30

PHOSPHORUS 379.21

IRON 3.31

SODIUM 53.38

POTASSIUM 454.15

MAGNESIUM 31.35

STUFFED GREEN PEPPERS				
YIELD: 10 Portions			EACH PORTION: 1 Stuffed Pepper	
PAN SIZE: 13 by 9 - Inch Roasting Pan 4 1/2 Quart Saucepan			TEMPERATURE: 350°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Peppers, sweet, fresh, green	2 lb A.P.	10 small or 5 large	907	1. Wash pappers. Cut each pepper in half lengthwise; remove core. Each half should weigh 70 grams.
Water, boiling		to cover		2. Place peppers in boiling water. Return to boil; cook 1 minute. Drain well. Set aside for use in Step 6.
Rice, cooked		2 1/2 cups	400	3. Prepare rice according to Recipe No. E-5. Omit Salt.
Beef, ground, thawed	1 lb 10 oz		737	4. Brown beef in its own fat until meat loses its pink color. Stir to break apart. Drain off all fat.
Onions, dry, chopped	2 2/3 oz	1/2 cup	75	5. Combine cooked rice, beef, onions, tomatoes, parsley, and thyme. Mix well.
Tomatoes, canned, crushed, Na/R	8 oz	1 cup	227	6. Fill each pepper with 2/3 cup beef mixture. Place filled peppers in roasting pan.
Parsley, fresh, chopped		2 tbsp	3	7. Pour 1 cup water around peppers in roasting pan. Cover.
Thyme, ground		1/2 tsp	6	8. Bake until peppers are tender, about 1 hour.
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

NA-Cal/R BLAND

(CONTINUED)

RECIPE NUMBER L-40 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

100

PROTEIN

CARBOHYDRATE

FAT

GRAMS

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

STUFFED GREEN PEPPERS				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Cheese, sliced, NA/R	10 oz	10 slices	284	9. Place 1 slice cheese over each stuffed pepper. Return to oven for 5 minutes to melt cheese.
NOTES: 1. In Step 3, 100 grams (1/2 cup) rice cooked in 3 cups water will yield 2 1/2 cups (400 grams) cooked rice. 2. If 2 stuffed peppers are desired per portion, cut peppers into 20 - 35 gram pieces in Step 1. Fill each with 1/3 cup filling in Step 6 and use 1/2 slice of cheese on each pepper in Step 9.				
VARIATION: For 2 Na-Cal/R Meat Exchanges and 1 Na-Cal/R Vegetable Exchange omit cheese in Step 9.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-41 (Mod)

THE MODIFIED RECIPE FOR SWEDISH MEATBALLS MAY BE USED IN THE FOLLOWING DIETS

LACTOSE RESTRICTED DIET: Not Allowed

BLAND DIET: Use AFRS Recipe Swedish Meatballs, L-41 for Regular Diet.
Omit black pepper in Step 4.

WHEN SALT IS PERMITTED

USE CAL/R BLAND SWEDISH MEATBALLS.

CALORIE EXCHANGE:

1 meatball (24 grams) plus 1 oz sauce = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

Not Allowed

GROUND MEAT:

USE AFRS RECIPE SWEDISH MEATBALLS, L-41 FOR REGULAR DIET.

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND SWEDISH MEATBALLS.

SODIUM EXCHANGE:

1 meatball (24 grams) plus 1 oz sauce = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 meatball (24 grams) plus 1 oz sauce = 1 sodium calorie exchange meat.

RENAL DIET:

USE SWEDISH MEATBALLS, RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meatballs and sauce in individual container. Cover, label and freeze.
Renal Diet, Swedish Meatballs, to freeze, substitute Starch, edible, modified for cornstarch in Step 4.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-41 (Mod)

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

162 Grams

CALORIES

239

102 **GRAMS**

PROTEIN 24.57

CARBOHYDRATE 2.14

FAT 13.98

CALCIUM 36.18

PHOSPHORUS 219.80

IRON 2.98

SODIUM 384.70

POTASSIUM 271.97

MAGNESIUM 23.64

mg

SWEDISH MEATBALLS				
YIELD: 10 Portions (30 Meatballs and 1 Quart Sauce)			EACH PORTION: 3 Meatballs and 3 oz Sauce	
PAN SIZE: 4 1/2 Quart Saucepan 18 by 26-inch Sheet Pan			TEMPERATURE:	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, finely chopped Garlic, dehydrated Nutmeg Egg, whole, slightly beaten Water Cereal, rolled oats Salt	2 lb 4 oz	1 tbsp 1/4 tsp 1/2 tsp 1 egg 1/3 cup 1/3 cup 1 tsp	1021 9 45 18 6	1. Combine ground beef, onions, garlic, nutmeg, egg, water, rolled oats and salt. Mix lightly but thoroughly. Avoid overmixing. 2. Shape into 30 meatballs weighing 33 grams each. 3. Place on sheet pan and bake 20 minutes or until done. 4. Portion into 10 portions (3 - 24 gram cooked meatballs per portion).
<u>SAUCE</u> Water, boiling Soup and Gravy base, beef flavored Starch, edible, modified Water, cold Cheese, cottage, low fat Paprika, ground Nutmeg, ground	8 oz	2 3/4 cups 2 tbsp 2 tbsp 1/2 cup 1 1/4 cup 1/2 tsp 1/4 tsp	 18 18 227	5. Add soup and gravy base to boiling water. 6. Make a slurry with starch and cold water, and add to broth while stirring. 7. Place broth in blender; add cottage cheese, paprika, and nutmeg. Blend 30 seconds or until smooth. Return to simmering. 8. Pour over meatballs.
VARIATION: For 2 Cal/R Meat Exchange portion, use 2 meatballs in Step 4, and 2 oz Sauce per portion in Step 8.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-41 (Mod)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

162 Grams

CALORIES

245

103

GRAMS

PROTEIN

24.57

CARBOHYDRATE

3.69

FAT

13.96

mg

CALCIUM

34.57

PHOSPHORUS

219.34

IRON

2.98

SODIUM

72.47

POTASSIUM

271.87

MAGNESIUM

22.87

SWEDISH MEATBALLS				
YIELD: 10 Portions (30 Meatballs and 1 Quart Sauce)			EACH PORTION: 3 Meatballs and 3 oz Sauce.	
PAN SIZE: 4 1/2 Quart Saucepan 18 by 26-inch Sheet Pan		TEMPERATURE: 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, finely chopped Garlic, dehydrated Nutmeg Egg, whole, slightly beaten Water Cereal, rolled oats	2 lb 4 oz	1 tbsp 1/4 tsp 1/2 tsp 1 egg 1/3 cup 1/3 cup	1021 9 45 18	1. Combine ground beef, onions, garlic, nutmeg, egg, water, and rolled oats. Mix lightly but thoroughly. Avoid overmixing. 2. Shape into 30 meatballs weighing 33 grams each. 3. Place on sheet pan and bake 20 minutes or until done. 4. Portion into 10 portions (3 - 24 gram cooked meatballs/portion).
<u>SAUCE</u> Water, boiling Soup and Gravy base, beef flavor, Na/R Starch, edible, modified Water, cold Cheese, cottage, Na/R, low fat Paprika, ground Nutmeg, ground	8 oz	2 3/4 cups 2 tbsp 2 tbsp 1/2 cup 1 1/4 cup 1/2 tsp 1/4 tsp	 18 18 227	5. Add soup and gravy base to boiling water. 6. Make a slurry with starch and cold water, and add to broth while stirring. 7. Place broth in blender; add cottage cheese, paprika, and nutmeg. Blend 30 seconds or until smooth. Return to simmering. 8. Pour over meatballs.
VARIATION: For 2 Na-Cal/R Meat Exchange portions, use 2 meatballs in Step 4 and 2 oz Sauce per portion in Step 8.				

RECIPE FOR MODIFIED DIETS

RENAL DIET

RECIPE NUMBER L-41 (Mod)

(Adapted from WRMC Production Guide)

EXCHANGES

2 Renal Meat Exchanges
(List 8)

NUTRITIONAL ANALYSIS OF ONE SERVING

60 Grams Meatballs
30 Grams Sauce

CALORIES

306

GRAMS

PROTEIN 17.00

CARBOHYDRATE 4.61

FAT 24.21

mg

CALCIUM 35.49

PHOSPHORUS 153.55

IRON 2.18

SODIUM 51.28

POTASSIUM 222.16

MAGNESIUM 17.88

SWEDISH MEATBALLS				
YIELD: 10 Portions			EACH PORTION: 2 Meatballs 1 oz Sauce	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 325° F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Onions, dry, finely chopped Nutmeg	1 lb 12 oz 4 1/2 oz	1/2 cup 1 tsp	794 130	1. Combine ground beef, onions, and nutmeg. 2. Mix well and form into 20 meatballs, 45 grams each. 3. Place in roasting pan. Bake 15 minutes or until meatballs reach an internal temperature of 160° F.
<u>Gravy</u> Butter, sweet, Na/R, melted Cornstarch, edible Water Cream, heavy Dill weed Nutmeg		1 2/3 tbsp 3 1/2 tbsp 2 cups 1 cup 1 tsp 1/4 tsp	52 32 260	4. Combine butter, cornstarch, water, cream, dill and nutmeg. 5. Heat, while stirring, until thickened. 6. Portion 2 meatballs with 2 tbsp sauce.

CLINICAL DIET APPLICATION

RECIPE NUMBER L-53 (Mod)

THE MODIFIED RECIPE FOR BEEF STROGANOFF MAY BE USED IN THE FOLLOWING DIETS

LACTOSE RESTRICTED DIET: Not Allowed

BLAND DIET: Use AFRS Recipe Beef Stroganoff, L-53 for Regular Diet.
Omit black pepper in Step 3.

WHEN SALT IS PERMITTED

USE CAL/R BLAND BEEF STROGANOFF

CALORIE EXCHANGE:

25 grams cooked beef and 1 oz sauce = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

25 grams cooked beef and 1 oz sauce = 1 calorie exchange meat fat control.

GROUND MEAT:

USE BEEF STROGANOFF, GROUND MEAT BLAND.

THINNED STRAINED:

USE BEEF STROGANOFF, THINNED STRAINED

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND BEEF STROGANOFF

SODIUM EXCHANGE:

25 grams cooked meat and 1 oz sauce = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

25 grams cooked meat and 1 oz sauce = 1 sodium calorie exchange meat.

RENAL DIET:

DIRECTIONS FOR FREEZING

Cal/R Bland, Na-Cal/R Bland, and Renal - Portion meat and sauce in individual container. Label and freeze.
Beef Stroganoff, Ground Meat Bland and Thinned Strained. See recipe for directions.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-53 (Mod) (1)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

75 Grams Meat and 90 Grams
Sauce

CALORIES

201

106

GRAMS

PROTEIN 25.68

CARBOHYDRATE 4.25

FAT 8.38

mg

CALCIUM 33.85

PHOSPHORUS 236.87

IRON 3.23

SODIUM 382.82

POTASSIUM 304.01

MAGNESIUM 65.35

BEEF STROGANOFF

YIELD: 10 Portions

EACH PORTION: 2 1/2 oz
Beef and 3 oz Sauce

PAN SIZE: 4 1/2 Quart Saucepan

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, braising steak, swiss, tempered	3 lb	8 steaks	1361	1. Remove all visible fat from meat.
Onions, dry, chopped	2 1/2 oz	1/2 cup	71	2. Slice steaks into thin strips, about 1/2 inch wide.
Garlic, dehydrated		1/2 tsp		3. Brown strips in saucepan.
Thyme, ground		1/2 tsp		4. Add onions, garlic, thyme, and ginger.
Ginger, ground		1/2 tsp		5. Add water and simmer until tender, approximately 1 1/2 hours covered.
Water to cover	12 oz	1 1/2 cup		6. Drain meat and portion into 10 - 75 gram portions. Save broth for use in Step 9.
Starch, edible, modified	1 oz	3 tbsp	28	7. Add starch to water to make a slurry.
Water, cold	2 oz	1/4 cup		8. Add slowly to broth, stirring constantly. Heat to simmering.
Broth from meat	1 lb 4 oz	2 1/2 cups	567	9. Place broth in blender and add cottage cheese, salt, and paprika. Blend 30 seconds or until smooth.
Cheese, cottage, low fat	8 oz	1 1/4 cup	227	
Salt		1 tsp	6	
Paprika, ground		2 tsp		
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

(CONTINUED)

RECIPE NUMBER L-53 (Mod) (2)

CAL/R ELAND

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

107

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

BEEF STROGANOFF				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Mushrooms, canned, sliced, drained	4 oz	3/4 cup	113	10. Add mushrooms to sauce. 11. Heat sauce to simmering. 12. Pour 3 oz sauce over each portion of meat.
NOTE: 1. For 2 Cal/R Meat Exchanges, in Step 6, portion 15 - 50 gram portions meat, and in Step 12, pour 2 oz sauce over each portion of meat. 2. In Step 3, a nonstick vegetable spray may be used for browning meat. 3. In Step 8, water may be added to broth if necessary to give yield.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-53 (Mod) (1)

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

75 Grams Meat and 90 Grams
Sauce

CALORIES

208

108

GRAMS

PROTEIN 25.13

CARBOHYDRATE 3.98

FAT 9.53

mg

CALCIUM 30.74

PHOSPHORUS 226.80

IRON 2.94

SODIUM 53.06

POTASSIUM 289.13

MAGNESIUM 24.40

BEEF STROGANOFF

YIELD: 10 Portions

EACH PORTION: 2 1/2 oz
Beef and 3 oz Sauce

PAN SIZE: 4 1/2 Quart Saucepan

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, braising steak, swiss, tempered	3 lb	8 steaks	1361	1. Remove all visible fat from meat.
Onions, dry, chopped	2 1/2 oz	1/2 cup	71	2. Slice steaks into thin strips, about 1/2 inchwide.
Garlic, dehydrated		1/2 tsp		3. Brown strips in saucepan.
Thyme, ground		1/2 tsp		4. Add onions, garlic, thyme and ginger.
Ginger, ground		1/2 tsp		5. Add water and simmer until tender, approximately 1 1/2 hours covered.
Water to cover	12 oz	1 1/2 cup		6. Drain meat and portion into 10 - 75 gram portions. Save broth for use in Step 9.
Starch, edible, modified	1 oz	3 tbsp	28	7. Add starch to water to make a slurry.
Water, cold	2 oz	1/4 cup		8. Add slowly to broth, stirring constantly. Heat to simmering.
Broth from meat	1 lb 4 oz	2 1/2 cups	567	9. Place broth in blender and add cottage cheese and paprika. Blend 30 seconds or until smooth. Return to simmering.
Cheese, cottage, Na/R, low fat	8 oz	1 1/4 cup	227	
Paprika, ground		2 tsp		
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

(CONTINUED)

RECIPE NUMBER L-53 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

109

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

BEEF STROGANOFF				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Mushrooms, fresh, sliced	4 oz		113	10. Using a nonstick vegetable spray, saute mushrooms until tender. 11. Add to sauce. 12. Pour 3 oz sauce over each portion of meat.
NOTE: 1. For 2 Na-Cal/R Meat Exchanges, in Step 6, portion 15 - 50 gram portions meat, and in Step 12, pour 2 oz sauce over each portion of meat. 2. In Step 3, a nonstick vegetable spray may be used for browning meat. 3. In Step 8, water may be added to broth if necessary to give yield.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-53 (Mod)

GROUND MEAT BLAND

Adapted from WRAMC Production Guide

BEEF STROGANOFF				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	2 lb 12 oz		1247	1. Cook beef in its own fat until it loses its pink color, stirring to break apart. Drain or skim off excess fat. Set aside for use in Step 6.
Water		2 cups	454	2. Combine water, tomato paste, soup base, sugar, salt, paprika, lemon juice and margarine. 3. Heat to simmering. 4. Blend flour and starch together. Mix with water to form a slurry. 5. Add to sauce mixture; heat to simmering while stirring. 6. Add ground beef; blend well. 7. Add sherry flavoring. 8. Fold in sour cream. 9. Portion in 6 oz servings. 10. Serve immediately or freeze.
Tomato paste		1/4 cup	47	
Soup and gravy base, beef flavor		2 tbsp	24	
Sugar, granulated		1 1/3 tbsp	19	
Salt		2 1/4 tsp	14	
Paprika		1 1/3 tbsp	9	
Juice, lemon		1 tsp	5	
Margarine		1 1/3 tbsp	19	
Flour, wheat, general purpose		1 tbsp	7	4. Blend flour and starch together. Mix with water to form a slurry. 5. Add to sauce mixture; heat to simmering while stirring. 6. Add ground beef; blend well.
Starch, edible, modified		2 1/2 tbsp	22	
Water, cold		1/2 cup	113	
Sherry flavoring		1 tbsp	14	7. Add sherry flavoring. 8. Fold in sour cream. 9. Portion in 6 oz servings. 10. Serve immediately or freeze.
Cream, sour		1 1/4 cups	280	

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

346

GRAMS

PROTEIN 26.18

CARBOHYDRATE 7.60

FAT 23.06

mg

CALCIUM 57.11

PHOSPHORUS 241.75

IRON 3.57

SODIUM 1083.44

POTASSIUM 398.59

MAGNESIUM 31.12

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-53 (Mod)

THINNED STRAINED

Adapted from WRAMC Production Guide

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams

CALORIES

262

221

GRAMS

PROTEIN 14.31

CARBOHYDRATE 9.50

FAT 18.69

mg

CALCIUM 54.73

PHOSPHORUS 150.76

IRON 2.19

SODIUM 1063.30

POTASSIUM 356.08

MAGNESIUM 27.09

BEEF STROGANOFF				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: 7 Quart Saucepan Gallon Blender		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	1 lb		454	1. Combine beef, water, tomato paste, soup base, onion powder, starch, lemon juice, paprika, salt and margarine. 2. Heat to boiling and simmer 5 minutes. 3. Blend on high speed in blender for 2 minutes or until smooth. 4. Fold in sour cream. 5. Portion into 8 oz portions. 6. Serve immediately or freeze.
Water		6 cups	1361	
Tomato paste		1/2 cup	125	
Soup and Gravy Base, beef flavor		3 tbsp	37	
Onion powder		1/3 cup	37	
Starch, edible, modified		2 2/3 tbsp	25	
Juice, lemon		2 1/2 tsp	12	
Paprika		2 1/2 tsp	6	
Salt		1 tsp	5	
Margarine		7 tbsp	100	
Cream, sour		1 cup	113	

CLINICAL DIET APPLICATION

RECIPE NUMBER L-64(Mod)

THE MODIFIED RECIPE FOR CREOLE MACARONI MAY BE USED IN THE FOLLOWING DIETS
(Sodium Restricted Only)

BLAND DIET: Use AFRS Recipe Creole Macaroni L-64 for Regular Diet. Omit black pepper and hot sauce in Step 2.

WHEN SALT IS PERMITTED

CALORIE EXCHANGE:

CALORIE EXCHANGE MEAT FAT CONTROL:

GROUND MEAT:

Use AFRS Recipe Creole Macaroni L-64 for REGULAR DIET

THINNED STRAINED:

Recipe not developed

WHEN SALT IS NOT PERMITTED

This recipe was developed for REGULAR DIET with no added salt (NAS)

SODIUM EXCHANGE:

SODIUM CALORIE EXCHANGE:

RENAL DIET:

Recipe not developed

DIRECTIONS FOR FREEZING

Na/R Only. Portion in individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

SODIUM RESTRICTED ONLY

RECIPE NUMBER L-64 (Mod) (1)

NUTRITIONAL ANALYSIS OF ONE SERVING

255 Grams

CALORIES

396

PROTEIN

24.75

CARBOHYDRATE

21.45

FAT

23.87

GRAMS

mg

CALCIUM

308.09

PHOSPHORUS

364.55

IRON

4.36

SODIUM

53.12

POTASSIUM

758.96

MAGNESIUM

48.40

CREOLE MACARONI				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: 13 by 9-inch Roasting Pan			TEMPERATURE: 350°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped	3 oz	1/2 cup	92	1. Saute onions, green peppers and garlic 10 minutes or until tender in saucepan.
Peppers, green, sweet chopped	3 oz	1/2 cup	92	
Garlic, dry, minced	1/2 oz	2 tbsp (6 cloves)	18	
Shortening	1 1/2 oz	3 tbsp	40	
Flour, wheat, pastry, sifted, general purpose		1 tbsp	10	2. Blend flour with sauteed vegetables. 3. Add tomato paste, tomato puree, chili sauce, sugar, pepper and basil. Simmer for 2 minutes.
Tomato paste, cnd. Na/R	9 oz	1 cup	263	
Tomato puree, cnd. Na/R	1 lb 3 oz	2 cups	546	
Chili sauce, Na/R		1/2 tsp	3	
Sugar, granulated		3/4 tsp	3	
Pepper, black		1/3 tsp	0.8	
Basil, sweet, ground		1/2 tsp	0.8	
Starch, edible, modified	1 oz	2 1/3 tbsp	21	4. Make starch slurry with cold water. Add to other ingredients, heat to 180°F stirring constantly.
Water, cold	1 lb	2 cups	488	
Cheese, shredded, Na/R	4 oz	1 cup	105	5. Remove from heat and stir in cheese.
Macaroni, elbow	7 oz	1 3/4 cup	211	6. Add macaroni to boiling water and bring to a boil, stirring occasionally. Boil 10 minutes and drain. Reserve for Step 8.
Water, boiling	6 lb	3 quarts	2722	

(CONTINUED)

RECIPE FOR MODIFIED DIETS

SODIUM RESTRICTED ONLY

(CONTINUED)

RECIPE NUMBER L-64 (Mod) (2)

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

PROTEIN GRAMS

CARBOHYDRATE

FAT

mg

CALCIUM
PHOSPHORUS
IRON
SODIUM
POTASSIUM
MAGNESIUM

CREOLE MACARONI				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	1 lb		450	7. Brown beef in its own fat. Drain off excess fat. 8. Combine tomato sauce, beef and macaroni. Mix well. 9. Pour into roasting pan.
Cheese, shredded, Na/R	10 oz	2 1/2 cups	290	10. Sprinkle cheese over mixture in each pan. 11. Bake 30 minutes or until bubbling and cheese is melted.

CLINICAL DIET APPLICATION

RECIPE NUMBER L-74 (Mod)

THE MODIFIED RECIPE FOR SWEET AND SOUR LAMB STEAK MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Sweet and Sour Lamb Steak.
Omit black pepper in Step 3.

WHEN SALT IS PERMITTED

USE CAL/R, BLAND SWEET AND SOUR LAMB STEAK.

CALORIE EXCHANGE:

1 oz (30 grams) cooked lamb steak = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked lamb steak = 1 calorie exchange meat fat control.

GROUND MEAT:

Not planned.

THINNED STRAINED:

Not Planned.

WHEN SALT IS NOT PERMITTED

NOT ALLOWED

SODIUM EXCHANGE:

—

SODIUM CALORIE EXCHANGE:

—

RENAL DIET:

USE SWEET AND SOUR LAMB STEAK, RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland - Since this item is easily and quickly prepared, it is not necessary to freeze it.
Sweet and Sour Lamb Steak, Renal Diet - Portion meat with sauce in individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-74 (Mod)

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

911 25.5

GRAMS

PROTEIN 24.06

CARBOHYDRATE 4.05

FAT 15.77

mg

CALCIUM 29.78

PHOSPHORUS 206.22

IRON 2.29

SODIUM 885.05

POTASSIUM 334.00

MAGNESIUM 1.90

SWEET AND SOUR LAMB STEAK				
YIELD: 10 Portions			EACH PORTION: 3 Oz Lamb and 1/2 Slice of Orange	
PAN SIZE: 13 by 9-inch Roasting Pan			TEMPERATURE: 375°F Griddle 350°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Lamb, steaks, boneless, frozen, tempered	3 lb 2 oz	10 steaks (5 oz each)	1418	1. Cut each steak into a 125 gram portion. 2. Brown steaks on grill (about 3 minutes per side). 3. Place steaks in roasting pan.
Vinegar	4 oz	1/2 cup	113	4. Combine vinegar, soy sauce, garlic and ginger. Mix well. 5. Pour an equal quantity evenly over steaks.
Soy sauce	4 oz	1/2 cup	113	
Garlic, dehydrated		1/4 tsp		
Ginger, ground		1/4 tsp		
Orange, fresh, A.P.	5 1/4 oz	1 each	150	6. Slice orange into 5 slices each. Place one-half slice on each steak. 7. Cover; bake until steaks are tender, about 20 minutes.
NOTE: Lamb Steak, FSN 8905-01-044-7184 contains no added salt.				
VARIATION: For a 2 Cal/R Meat Exchange portion (2 oz), cut steaks into a 84 gram portion in Step 1.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-74 (Mod)

RENAL

EXCHANGES

2 Renal Meat Exchanges
(List 8)

NUTRITIONAL ANALYSIS OF ONE SERVING

60 Grams

CALORIES

221

GRAMS

PROTEIN 15.53

CARBOHYDRATE 5.37

FAT 15.00

mg

CALCIUM 8.35

PHOSPHORUS 128.73

IRON 1.09

SODIUM 38.64

POTASSIUM 178.01

MAGNESIUM 0.35

SWEET AND SOUR LAMB STEAK				
YIELD: 10 Portions		EACH PORTION: 2 oz Lambsteak		
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 375°F Grill 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Lamb, steaks, boneless, frozen, tempered	3 lb 2 oz	10 steaks (5 oz each)	1418	1. Cut each steak into a 84 gram portion. 2. Brown steaks on grill (about 3 minutes per side). 3. Place steaks in roasting pan.
Butter or margarine, Na/R melted	2 oz	4 tbsp	57	4. Combine butter or margarine, vinegar, sugar, garlic and ginger. Blend well. 5. Pour an equal quantity evenly over steaks. 6. Cover; bake until steaks are done, about 20 minutes.
Vinegar	2 oz	1/4 cup	57	
Sugar, granulated	2 oz	1/4 cup		
Garlic, dehydrated		1/4 tsp		
Ginger, ground		1/4 tsp		
NOTE: Lamb Steak, FSN 8905-01-7184 contains no added salt.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-77 (Mod)

THE MODIFIED RECIPE FOR SAVORY ROAST LAMB MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe L-77 (Variation 1) for Regular Diet.
Omit black pepper.

WHEN SALT IS PERMITTED

USE CAL/R BLAND AND NA-CAL/R BLAND SAVORY ROAST LAMB.

CALORIE EXCHANGE:

1 oz (30 grams) cooked lamb = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked lamb = 1 calorie exchange meat fat control.

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE CAL/R BLAND AND NA-CAL/R BLAND SAVORY ROAST LAMB.

SODIUM EXCHANGE:

1 oz (30 grams) cooked lamb = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked lamb = 1 sodium calorie exchange meat.

RENAL DIET:

NA-CAL/R BLAND SAVORY ROAST LAMB MAY BE USED IN RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meat in individual container. Cover with 3 oz Brown Gravy O-16 (Mod). Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

Variation 1

RECIPE NUMBER L-77 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges or
3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

243

GRAMS

PROTEIN

23.32

CARBOHYDRATE

0.98

FAT

15.62

mg

CALCIUM

12.86

PHOSPHORUS

192.99

IRON

1.74

SODIUM

57.16

POTASSIUM

272.30

MAGNESIUM

1.07

SAVORY ROAST LAMB				
YIELD: 10 Portions			EACH PORTION: 3 oz	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Lamb, leg, boneless, partially thawed	3 lb 8 oz		1588	1. Remove netting and trim all visible fat from roast. 2. Return to netting.
Garlic, dry, minced Oregano, ground Paprika, ground Vinegar	4 oz	1 clove (1 tsp) 1 tsp 1 tsp 1/2 cup	113	3. Combine garlic, oregano, paprika and vinegar. Brush over leg of lamb. 4. Refrigerate 2 hours, brushing with marinade occasionally.
				5. Insert meat thermometer in roast and roast until it reaches 165°F - rare; 175°F - medium; 180°F - well done). 6. Let roast stand 20 minutes. Remove string and netting before slicing.
NOTE: For 2 Na-Cal/R Meat Exchanges per portion, recipe will yield 15 - 2 oz portions.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-83 (Mod)

THE MODIFIED RECIPE FOR CREOLE PORK CHOPS MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFPS Recipe Creole Pork Chops, L-83, Variation 1.
Omit pepper in Step 1, and in Creole Sauce, 0-5, omit pepper in Step 2.

WHEN SALT IS PERMITTED

USE CAL/R BLAND CREOLE PORK CHOPS.

CALORIE EXCHANGE:

1 Portion = 3 calorie exchange meat and 1 calorie exchange vegetable.

(For 2 exchange portion, see recipe variation.)

CALORIE EXCHANGE MEAT FAT CONTROL:

1 Portion = 3 calorie exchange meat fat control and 1 calorie exchange vegetable.

(For 2 exchange portion, see recipe variation.)

GROUND MEAT:

USE PORK ADOBO, L-99 (MOD) GROUND MEAT BLAND.

THINNED STRAINED:

USE PORK ADOBO, L-99 (MOD) THINNED STRAINED.

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND CREOLE PORK CHOPS.

SODIUM EXCHANGE:

1 Portion = 3 sodium exchange meat and 1 sodium exchange vegetable.

(For 2 exchange portion, see recipe variation.)

SODIUM CALORIE EXCHANGE:

1 Portion = 3 sodium calorie exchange meat and 1 sodium calorie exchange vegetable.

(For 2 exchange portion, see recipe variation.)

RENAL DIET:

RECIPE NOT DEVELOPED.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meat and sauce in individual container. Cover, label and freeze.
Pork Adobo, Ground Meat Bland and Thinned Strained - See recipe for directions.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-83 (Mod)
Variation 1

EXCHANGES

3 Cal/R Meat Exchanges
 1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

150 Grams

CALORIES

252

GRAMS

PROTEIN 27.20

CARBOHYDRATE 5.39

FAT 12.87

mg

CALCIUM 21.65

PHOSPHORUS 296.40

IRON 3.89

SODIUM 414.30

POTASSIUM 469.45

MAGNESIUM 39.97

CREOLE PORK CHOPS				
YIELD: 10 Portions			EACH PORTION: 3 Oz Pork Chop and 2 Oz Sauce.	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 375°F Griddle and 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pork, chops, boneless, tempered	3 lb 2 oz	10 Pork Chops (5 oz each)	1418	1. Trim all visible fat. Cut into chops weighing 4 1/2 oz each. 2. Brown chops on both sides on ungreased griddle and overlap in roasting pan.
Creole Sauce				3. Combine garlic, onions, peppers, celery, tomato paste, salt, bay leaf, thyme and water.
Garlic, dehydrated	2 oz	1/4 tsp		
Onions, dry, chopped	2 oz	1/3 cup	57	
Peppers, sweet, green chopped		1/3 cup	57	
Celery, fresh, chopped	1 1/2 oz	1/4 cup	43	
Tomato paste, cnd	5 oz	2/3 cup	142	
Salt		1 tsp	6	
Bay leaf (optional)		1/4 leaf		
Thyme		1/8 tsp		
Water		1 3/4 cup		
Flour, wheat, general purpose		1 tbsp	7	4. Blend flour and starch. Add to sauce to make a slurry.
Starch, edible, modified		1 1/2 tbsp	14	5. Pour evenly over chops. 6. Bake uncovered 1 hour or until chops are done.
VARIATION: For 2 Cal/R Meat Exchanges and 1 Cal/R Vegetable Exchange, cut raw chops into 3 oz portions in Step 1. (2 oz cooked pork chop and 2 oz sauce).				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-83 (Mod)
Variation 1

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

150 Grams

CALORIES

252

GRAMS

PROTEIN 27.19

CARBOHYDRATE 5.38

FAT 12.87

mg

CALCIUM 20.11

PHOSPHORUS 296.02

IRON 3.89

SODIUM 73.82

POTASSIUM 469.31

MAGNESIUM 39.24

CREOLE PORK CHOPS				
YIELD: 10 Portions			EACH PORTION: 3 Oz Pork Chop and 2 Oz Sauce	
PAN SIZE: 13 by 9-inch Roasting Pan			TEMPERATURE: 375°F Griddle; 325°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pork, chops, boneless, tempered	3 lb 2 oz	10 Pork Chops (5 oz each)	1418	1. Trim all visible fat. Cut into chops weighing 4 1/2 oz each. 2. Brown chops on both sides on ungreased griddle and overlap in roasting pan.
Creole Sauce: Garlic, dehydrated Onion, dry, chopped Peppers, sweet, green chopped Tomato paste, Na/R cnd Soup and gravy base, beef, Na/R Bay leaf (optional) Thyme Celery, fresh, chopped Water Flour, wheat, general purpose Starch, edible, modified	2 oz 2 oz 5 oz 1 1/2 oz	1/4 tsp 1/3 cup 1/3 cup 2/3 cup 2 tsp 1/4 leaf 1/8 tsp 1/4 cup 1 3/4 cup 1 tbsp 1 1/2 tbsp	56 57 142 7 43 7 14	3. Combine garlic, onion, peppers, tomato paste, soup base, bay leaf, thyme, celery, and water. 4. Bland flour and starch. Add to sauce to make a slurry. 5. Pour evenly over chops. 6. Bake uncovered 1 hour or until chops are well done.
VARIATION: For 2 Na-Cal/R Meat Exchanges and 1 Na-Cal/R Vegetable Exchange, cut raw chops into 3 oz portions in Step 1. (2 oz cooked pork chop and 2 oz sauce).				

RECIPE FOR MODIFIED DIETS

GROUND MEAT BLAND

RECIPE NUMBER L-99 (Mod)

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

341

GRAMS

123 PROTEIN 14.77

CARBOHYDRATE 5.18

FAT 28.79

mg

CALCIUM 25.24

PHOSPHORUS 170.13

IRON 2.60

SODIUM 876.39

POTASSIUM 291.43

MAGNESIUM 21.35

PORK ADOBO				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Margarine Flour, wheat, general purpose.	2 oz	1/4 cup 1 tbsp	57 8	1. Make roux with margarine and flour in saucepan.
Starch, edible, modified	1/2 oz	2 tbsp	17	2. Make starch slurry with small amount of cold water.
Water, cold Peppers, green, fresh, chopped Vinegar, cider Soy Sauce Sugar, granulated Salt Ginger, ground Bay leaves, ground	1 lb 8 oz 5 oz 4 oz 2 oz	3 cups 1 cup 1/2 cup 1/4 cup 2 tsp 1 1/2 tsp 2 tsp 1/8 tsp	680 151 113 57 9 9 5 0.3	3. Add remaining water, peppers, vinegar, soy sauce, sugar, salt, ginger, and bay leaves to roux. 4. Heat to simmering and simmer two minutes. 5. Add starch slurry, heat to boiling.
Pork, cooked, ground, 3/16 inch	1 lb 14 oz		850	6. Add cooked, ground pork. 7. Heat to 160°F. 8. Portion in individual 6 oz servings, garnish each with paprika or parsley flakes. 9. Serve immediately or freeze for later use.
NOTES: 1. Ground, cooked pork should be made by roasting pork loin at 325°F to 160°F (L-81), omitting seasoning. Pork should be cooled, then ground through 3/16 inch plate. 2. 5 lb 6 oz bone-in raw pork loin should yield 1 lb 14 oz cooked pork.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-99 (Mod)

THINNED STRAINED

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams

CALORIES

485

GRAMS

PROTEIN 15.77

CARBOHYDRATE 10.15

FAT 42.64

mg

CALCIUM 44.57

PHOSPHORUS 192.25

IRON 3.10

SODIUM 1109.63

POTASSIUM 379.33

MAGNESIUM 25.41

PORK ADOBO				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: Gallon Blender 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pork, raw, ground, 3/16"	1 lb 9 oz		698	1. Boil raw ground pork, water, soy sauce, vinegar, sugar, onion powder, ginger, pepper, and bay leaf in sauce pan for 5 minutes. 2. Place in blender.
Water	4 lb	1 quart	907	
Soy sauce	4 oz	1/2 cup	113	
Vinegar, cider	4 oz	1/2 cup	113	
Sugar, granulated	1 oz	2 tbsp	28	
Onion powder	1/2 oz	1 2/3 tbsp	14	
Garlic, dehydrated	1/2 oz	1 1/3 tbsp	14	
Ginger, ground		1 tbsp	9	
Pepper, black, ground				
Bay leaf, ground		1/4 tsp	0.6	
Peppers, green, canned, diced	12 oz	1 1/2 cup	340	
Margarine	8 oz	1 cup	226	5. Make roux with margarine and flour in saucepan. 6. Add blended ingredients to roux, stirring constantly.
Flour, wheat, general purpose		2 tsp	6	
Starch, edible, modified	11 oz	1 1/3 tbsp	11	7. Make a slurry with starch and water. 8. Add to other ingredients, stirring constantly. 9. Heat to 180°F. 10. Portion in 8 oz (1 cup) servings. 11. Serve immediately or freeze for later use.
Water, cold		1 1/2 cups	324	

CLINICAL DIET APPLICATION

RECIPE NUMBER L-83 (Mod) Variation 2.

THE MODIFIED RECIPE FOR PORK CHOPS WITH APPLE RINGS MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Pork Chops with Apple Rings, L-83, Variation 2. Omit pepper in Step 1.

WHEN SALT IS PERMITTED

USE NA-CAL/R BLAND PORK CHOPS WITH APPLE RINGS.
(THIS RECIPE DOES NOT NEED SALT IN PREPARATION)

CALORIE EXCHANGE:

1 Portion = 3 calorie exchange meat and 1 calorie exchange fruit.
(For 2 exchange portion, see recipe variation)

CALORIE EXCHANGE MEAT FAT CONTROL:

1 portion = 3 calorie exchange meat fat control and 1 calorie exchange fruit.
(For 2 exchange portion, see recipe variation.)

GROUND MEAT:

USE BAKED STUFFED PORK CHOPS, L-84 (Mod) GROUND MEAT BLAND.

THINNED STRAINED:

USE BAKED STUFFED PORK CHOPS, L-84 (MOD) THINNED STRAINED.

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND PORK CHOPS WITH APPLE RINGS.

SODIUM EXCHANGE:

1 portion = 3 sodium exchange meat and 1 sodium exchange fruit.
(For 2 exchange portion, see recipe variation.)

SODIUM CALORIE EXCHANGE:

1 portion = 3 sodium calorie exchange meat and 1 sodium calorie exchange fruit.
(For 2 exchange portion, see recipe variation.)

RENAL DIET:

RECIPE NOT DEVELOPED.

DIRECTIONS FOR FREEZING

Na-Cal/R Bland Pork Chops with Apple Rings - Portion in individual container. Cover, label and freeze.
Baked Stuffed Pork Chops, Ground Meat Bland and Thinned Strained. See recipe for directions.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-83 (Mod)
Variation 2

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges or
3 Na-Cal/R Meat Exchanges &
1 Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

140 Grams

CALORIES

260

126

GRAMS

PROTEIN 26.65

CARBOHYDRATE 8.09

FAT 12.94

mg

CALCIUM 16.26

PHOSPHORUS 286.03

IRON 3.58

SODIUM 65.41

POTASSIUM 375.24

MAGNESIUM 32.75

PORK CHOPS WITH APPLE RINGS				
YIELD: 10 Portions			EACH PORTION: 3 Oz Pork Chop and 1 Apple Ring	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 375°F Griddle; 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pork, chops, boneless tempered	3 lb 2 oz	10 Pork Chops (5 oz each)	1418	1. Trim all visible fat. Cut into chops weighing 4 1/2 oz each. 2. Brown chops on both sides on ungreased griddle and overlap in roasting pan.
Apples, A.P.	1 lb	3 apples	454	3. Core apples and slice crosswise in 10 rings 1/2 inch thick (1 1/2 oz each). 4. Place on each pork chop. 5. Bake 30 minutes uncovered.
Juice, orange, frozen concentrated Cinnamon, ground Nutmeg, ground	5 oz	2/3 cup 1/8 tsp 1/8 tsp	142	6. Add 1 tbsp concentrated orange juice to each apple ring. 7. Sprinkle apple rings with cinnamon and nutmeg. 8. Bake uncovered 30 minutes longer.
VARIATION: For 2 Na/R Meat Exchanges and 1 Cal/R Fruit Exchange, into 3 oz portion after trimming all visible fat.			in Step 1, cut each pork chop	

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-84 (Mod) (1)

GROUND MEAT BLAND

NUTRITIONAL ANALYSIS OF ONE SERVING

99 Gram Pork and Stuffing
and 57 Grams Gravy

CALORIES

471

GRAMS

PROTEIN 27.21

CARBOHYDRATE 20.61

FAT 30.29

mg

CALCIUM 69.11

PHOSPHORUS 297.89

IRON 4.34

SODIUM 1105.64

POTASSIUM 319.23

MAGNESIUM 35.77

BAKED STUFFED PORK CHOPS				
YIELD: 10 Portions			EACH PORTION: 3/8 Cup Pork and Stuffing Plus 2 oz Gravy	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water Margarine	14 oz 2 1/2 oz	1 2/3 cup 1/3 cup	399 75	1. Melt margarine in water in saucepan.
Eggs, whole, beaten Salt Marjoram, ground Sage, ground Celery, ground	2 oz	1/4 cup 1 1/2 tsp 1/2 tsp 1/2 tsp 1/4 tsp	57 9 1 0.6 0.4	2. Add eggs, salt, marjoram, sage and celery. 3. Heat to 180°F.
Bread slices, broken in 1 inch pieces	11 oz	11 slices	308	4. Add bread, mix well.
Pork, cooked, ground	1 lb 14 oz		850	5. Add pork, mix well. 6. Heat in 325°F oven to 160°F. 7. Portion 3.5 oz in individual portions using # 10 scoop.
<u>BROWN GRAVY</u> Meat drippings, clear fat or shortening Flour, wheat, general purpose		2 tbsp 4 tbsp	29 29	8. Sprinkle flour evenly over drippings and fat in bottom of pan. 9. Cook over low heat in sauce- pan until flour is rich brown color. Stir frequently.
Water, boiling Soup and gravy base, beef flavored		2 2/3 cup 1 2/3 tbsp	605 19	10. Blend soup and gravy base with boiling water. Add roux to liquid, stirring con- stantly; bring to a boil.
(CONTINUED)				

RECIPE FOR MODIFIED DIETS

GROUND MEAT BLAND

(CONTINUED)

RECIPE NUMBER L-84 (Mod) (2)

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

128

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

BAKED STUFFED PORK CHOPS				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, cold Starch, edible, modified		2/3 cup 1/4 cup	151 33	11. Mix starch and water to form a slurry. Add slowly to boiling gravy while slurring. 12. Portion 2 oz gravy over pork and stuffing. 13. Serve or freeze in individual portions.
NOTES: 1. Ground cooked pork should be obtained by roasting pork loin at 325°F to 160°F (L-81). Pork should be cooled, then ground through 3/16 in. plate. 2. 5 lb 6 oz bone-in raw pork loin should yield 1 lb 14 oz cooked, ground pork.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-84 (Mod)

THINNED STRAINED

NUTRITIONAL ANALYSIS OF ONE SERVING

241 Grams

CALORIES

129 546

GRAMS

PROTEIN 25.08

CARBOHYDRATE 10.80

FAT 44.39

mg

CALCIUM 71.81

PHOSPHORUS 279.82

IRON 3.65

SODIUM 751.99

POTASSIUM 323.39

MAGNESIUM 34.32

BAKED STUFFED PORK CHOPS				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: Gallon Blender 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pork, ground, 3/16", raw	1 lb 5 oz		591	1. Boil ground pork, water, bread pieces, onion powder, salt, marjoram, sage, celery, and pepper for 5 minutes. 2. Blend in blender for 2 minutes at high speed or until smooth.
Water	3 lb	1 1/2 quart	1361	
Bread, fresh, 1" pieces	4 oz	4 slices	118	
Onion powder	1 oz	3 tbsp	24	
Salt		1 2/3 tsp	10	
Marjoram, ground		1/2 tsp	1	
Sage, ground		1/2 tsp	0.6	
Celery seed, ground		1/3 tsp	0.6	
Pepper, white, ground		1/4 tsp	0.6	
Margarine	8 oz	1 cup	237	
Flour, wheat, general purpose		1 tbsp	10	
Starch, edible, modified	11 oz	2 tbsp	18	5. Make a slurry with starch and water. 6. Add to other ingredients, stirring constantly. 7. Heat to 180° F.
Water, cold		1 1/3 cup	308	
Cream, light	4 oz	1/2 cup	118	

CLINICAL DIET APPLICATION

RECIPE NUMBER L-85 (Mod)

THE MODIFIED RECIPE FOR BRAISED PORK CHOPS MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Braised Pork Chops, L-85 for Regular Diet.
Omit black pepper in Step 1.

WHEN SALT IS PERMITTED

USE CAL/R BLAND BRAISED PORK CHOPS.

CALORIE EXCHANGE:

1 oz (30 grams) cooked pork chops = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked pork chops = 1 calorie exchange meat fat control.

GROUND MEAT:

USE PORK MEXICANA, L-87 (MOD), GROUND MEAT BLAND

THINNED STRAINED:

USE PORK MEXICANA, L-87 (MOD), THINNED STRAINED

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND BRAISED PORK CHOPS.

SODIUM EXCHANGE:

1 oz (30 grams) cooked pork chops = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked pork chops = 1 sodium calorie exchange meat.

RENAL DIET:

FOLLOW DIRECTIONS FOR 2 OZ PORTION NA-CAL/R BLAND.
SERVE WITH 1 TSP MELTED NA/R BUTTER OR MARGARINE.

DIRECTIONS FOR FREEZING

Cal/R Bland, Na-Cal/R Bland, and Renal - Portion meat in individual container. Cover with 1 1/2 oz liquid from meat.
Cover, label and freeze.
Pork Mexicana, Ground Meat Bland and Thinned Strained. See recipe for directions.

RECIPE FOR MODIFIED DIETS

CAL/R ELAND

RECIPE NUMBER L-85 (Mod)

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

243

131

GRAMS

PROTEIN

27.54

CARBOHYDRATE

-

FAT

13.86

mg

CALCIUM

12.46

PHOSPHORUS

291.78

IRON

3.51

SODIUM

183.77

POTASSIUM

308.44

MAGNESIUM

29.16

BRAISED PORK CHOP				
YIELD: 10 Portions			EACH PORTION: 3 Oz Cooked Pork Chop	
PAN SIZE: 13 by 9-inch Roasting Pan			TEMPERATURE: 375°F Griddle; 325°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pork, chops, boneless, tempered Salt	3 lb 2 oz	10 Pork Chops (5 oz each) 1/2 tsp	1418 3	1. Trim all visible fat. Cut into chops weighing 4 1/2 oz each. 2. Brown chops on both sides on ungreased griddle and overlap in roasting pan. 3. Sprinkle salt evenly over chops.
Water		2 cups		4. Pour water over chops. Cover, bake 45 minutes or until chops are well done.
NOTE: In Step 2, a nonstick vegetable spray may be used for browning chops.				
VARIATION: For 2 Cal/R Meat Exchanges, cut raw pork chops into 3 oz portions in Step 1. (2 oz cooked pork chop).				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-85 (Mod)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

243

GRAMS

PROTEIN

27.54

CARBOHYDRATE

-

FAT

13.86

mg

CALCIUM

11.70

PHOSPHORUS

291.60

IRON

3.51

SODIUM

67.50

POTASSIUM

308.43

MAGNESIUM

28.80

BRAISED PORK CHOPS

YIELD: 10 Portions

EACH PORTION: 3 Oz Cooked
Pork Chop.

PAN SIZE: 13 by 9-inch Roasting Pan

TEMPERATURE: 375°F Griddle; 325°F Oven

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pork, chops, boneless, tempered	3 lb 2 oz	10 Pork Chops (5 oz each)	1418	1. Trim all visible fat. Cut into chops weighing 4 1/2 oz each. 2. Brown chops on both sides on ungreased griddle and overlap in roasting pan.
Water		2 cups		3. Pour water over chops. Cover, bake 45 minutes or until chops are well done.
NOTE: In Step 2, a nonstick vegetable spray may be used for browning chops. VARIATION: For 2 Na-Cal/R Meat Exchanges, cut raw pork chops into 3 oz portions in Step 1. (2 oz cooked pork chop).				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-87 (Mod)

GROUND MEAT BLAND

NUTRITIONAL ANALYSIS OF ONE SERVING

227 Grams

CALORIES

390

PROTEIN

22.14

CARBOHYDRATE

12.36

FAT

27.95

GRAMS

mg

CALCIUM

41.39

PHOSPHORUS

249.01

IRON

4.22

SODIUM

1125.24

POTASSIUM

591.88

MAGNESIUM

42.39

PORK MEXICANA				
YIELD: 10 Portions		EACH PORTION: 2/3 Cup Plus 2 oz Sauce.		
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Starch, edible, modified		3 tbsp	27	1. Make starch slurry with small amount of water.
Water, cold		4 1/2 cup	1005	2. Combine remaining water, tomato paste, peppers, soy sauce, vinegar, brown sugar, paprika, mustard flour, celery salt, and bay in saucepan. 3. Heat to a simmer and simmer for 2 minutes. 4. Add starch slurry and heat to boiling. 5. Combine 1 lb 14 oz of above sauce with 1 lb 14 oz ground cooked pork. 6. Heat to 160°F. 7. Scoop in individual 6 oz portions. 8. Ladle 2 oz of remaining sauce over each portion.
Tomato paste, canned		1 cup	240	
Peppers, fresh, green, chopped		1 cup	165	
Soy sauce		1/2 cup	120	
Vinegar, cider		1/3 cup	96	
Sugar, brown		2 tbsp	24	
Paprika		1 tbsp	9	
Mustard flour		1 2/3 tbsp	9	
Celery salt		2 tsp	9	
Bay leaves, ground		1/4 tsp	0.6	
Pork, Cooked, ground	1 lb 14 oz		850	
NOTES: 1. Ground, cooked pork should be obtained by roasting pork loin at 325°F (L-81), omitting seasonings. Pork should be cooled, then ground through 3/16 in plate.				

RECIPE FOR MODIFIED DIETS

THINNED STRAINED

RECIPE NUMBER L-87 (Mod) (1)

NUTRITIONAL ANALYSIS OF ONE SERVING

227 Grams

CALORIES

134 397

GRAMS

PROTEIN 21.88

CARBOHYDRATE 9.97

FAT 29.94

mg

CALCIUM 49.14

PHOSPHORUS 244.93

IRON 3.66

SODIUM 573.52

POTASSIUM 464.92

MAGNESIUM 38.89

PORK MEXICANA				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: Gallon Blender 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pork, ground, 3/16", raw	1 lb 5 oz		604	1. Boil raw ground pork, water, tomato paste, soy sauce, vinegar, onion powder, chili powder, brown sugar, garlic, mustard flour and hot sauce in saucepan for 5 minutes. 2. Place in blender.
Water	3 lb 2 oz	1 qt 1 pt	1361	
Tomato paste, canned	3 1/2 oz	1/2 cup	103	
Soy sauce	2 oz	1/4 cup	53	
Vinegar, white	1 oz	2 tbsp	26	
Onion powder	1 oz	3 tbsp	21	
Chili powder	1 oz	2 tbsp	21	
Sugar, brown	1/2 oz	1 2/3 tbsp	16	
Garlic, granulated		1 tbsp	10	
Mustard, flour		1 tbsp	5	
Hot sauce		1/8 tsp	0.3	
Peppers, green, canned, diced		3/4 cup	170	
Margarine		1 2/3 tbsp	23	5. Make roux in saucepan with margarine and flour. 6. Add blended ingredients to roux, stirring constantly.
Flour, wheat, general purpose		2 tsp	6	
Starch, edible, modified		1 1/3 tbsp	12	7. Make a slurry with starch and water. 8. Add to other ingredients, stirring constantly. 9. Heat to 180 F. 10. Portion in 8 oz (1 cup) servings. 11. Serve immediately or freeze for later use. (CONTINUED)
Water, cold		1 1/2 cup	340	

RECIPE FOR MODIFIED DIETS

THINNED STRAINED

(CONTINUED)

RECIPE NUMBER L-87 (Mod) (2)

NUTRITIONAL ANALYSIS OF ONE SERVING

CALORIES

135

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

PORK MEXICANA				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
NOTES: 1. Use boneless pork roast ground through 3/16" plate. 2. The liquid from canned peppers may be used to replace a portion of the water.				

CLINICAL DIET APPLICATION

L-96 (Mod)

RECIPE NUMBER L-81 (Mod)

THE MODIFIED RECIPE FOR ROAST PORK AND ROAST FRESH HAM MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Roast Pork, L-81 and Roast Fresh Ham, L-96 for Regular Diet.
Omit black pepper in Step 1.

WHEN SALT IS PERMITTED

USE CAL/R BLAND ROAST PORK OR ROAST FRESH HAM.

CALORIE EXCHANGE:

1 oz (30 grams) cooked pork = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked pork = 1 calorie exchange meat
fat control.

GROUND MEAT:

USE ROAST PORK AND GRAVY, GROUND MEAT.

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND ROAST PORK OR ROAST FRESH HAM.

SODIUM EXCHANGE:

1 oz (30 grams) cooked pork = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked pork = 1 sodium calorie exchange
meat.

RENAL DIET:

NA-CAL/R BLAND ROAST PORK OR ROAST FRESH HAM MAY
BE USED IN RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meat in individual container. Cover with 3 oz Brown Gravy O-16 (Mod).
Cover, label and freeze.

Roast Pork and Gravy, Ground Meat Bland - See Recipe for directions.

Roast Pork, Renal Diet - Portion meat in individual container. Freeze without sauce.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-96 (Mod)
L-81 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchange or
3 Na-Cal/R Meat Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

203

137

GRAMS

PROTEIN 26.37

CARBOHYDRATE 0.00

FAT 9.99

mg

CALCIUM 11.70

PHOSPHORUS 272.70

IRON 3.33

SODIUM 64.62

POTASSIUM 295.38

MAGNESIUM 29.70

ROAST FRESH HAM				
YIELD: 10 Portions			EACH PORTION: 3 Ounces	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pork, ham, fresh, boneless, thawed	3 lb 4 oz		1474	<ol style="list-style-type: none">1. Remove all visible fat from meat.2. Place ham in roasting pan. DO NOT ADD WATER. DO NOT COVER. Insert meat thermometer in thickest part of ham.3. Bake 2 hours or until meat thermometer registers 160°F.4. Let stand 20 minutes. Remove string or netting before slicing.
VARIATION: <ol style="list-style-type: none">1. ROAST PORK, Pork Loin, Boneless, L-81 (Mod) In Step 1, remove netting and separate two pieces of roast into two separate roasts. Use 3 lb 4 oz roast; remove all visible fat from meat and and in Step 4, bake approximately 1 hour 15 minutes or until thermometer registers 160°F.2. For 2 Na-Cal/R Meat Exchanges per portion, recipe will yield 15 - 2 oz portions.				

RECIPE FOR MODIFIED DIETS

GROUND MEAT BLAND

RECIPE NUMBER L-96 (Mod)

NUTRITIONAL ANALYSIS OF ONE SERVING

210 Grams

CALORIES

302

GRAMS

PROTEIN 27.80

CARBOHYDRATE 8.31

FAT 16.51

mg

CALCIUM 24.27

PHOSPHORUS 295.48

IRON 3.62

SODIUM 545.98

POTASSIUM 321.09

MAGNESIUM 30.55

GROUND PORK WITH GRAVY				
YIELD: 10 Portions			EACH PORTION: 3 oz ground cooked pork and 4 oz gravy	
PAN SIZE: 4 1/2 Quart Saucepan				
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Roast Fresh Ham or Roast Pork (Cooked weight)	2 lb		907	1. Prepare Roast Fresh Ham (AFRS Recipe No. L-96 or Roast Pork L-81). 2. Grind cooked meat with food grinder. Set aside for use in Step 7.
<u>Brown Gravy</u> Meat drippings and clear fat or shortening Flour, wheat, general purpose	1 1/2 oz 1 1/2 oz	3 tbsp 6 tbsp	43 43	3. Sprinkle flour evenly over drippings and fat in bottom of pan. Use brown particles remaining in pan. 4. Cook over low heat on top of range until flour is a rich brown color. Stir fre- quently to avoid over- browning.
Water, boiling Soup and Gravy Base, Beef flavored	1 oz	4 cups 2 2/3 tbsp	28	5. Blend soup and gravy base with boiling water. Add roux to kiquid, stirring constantly. Bring to a boil.
Water, cold Starch, edible, modified	1 3/4 oz	1 cup 1/3 cup	50	6. Mix starch with water to form a slurry. Add slowly to boiling gravy while stirring.
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

GROUND MEAT BLAND

RECIPE NUMBER I-96 (Mod) (2)

(CONTINUED)

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

GROUND PORK WITH GRAVY				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				7. Combine 10 oz gravy with 2 lb ground pork from Step 1. Mix well. 8. Portion with 1/2 cup serving. Cover each portion with 3 oz gravy. 9. Serve or freeze in individual portions.

CLINICAL DIET APPLICATION

RECIPE NUMBER L-103 (Mod)

THE MODIFIED RECIPE FOR VEAL STEAKS MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET:

WHEN SALT IS PERMITTED

USE NA-CAL/R BLAND AND CAL/R BLAND VEAL STEAKS.

CALORIE EXCHANGE:

14

1 oz (30 grams) cooked unbreaded veal = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked unbreaded veal = 1 calorie exchange meat fat control.

GROUND MEAT:

USE VEAL PARMESAN, GROUND MEAT BLAND.

THINNED STRAINED:

USE VEAL PARMESAN, THINNED STRAINED.

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND AND CAL/R BLAND VEAL STEAKS.

SODIUM EXCHANGE:

1 oz (30 grams) cooked unbreaded veal = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked unbreaded veal = 1 sodium calorie exchange meat.

RENAL DIET:

NA-CAL/R BLAND VEAL MAY BE USED IN RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland Veal Steaks should not be frozen after preparation. Veal Parmesan, Ground Meat Bland and Thinned Strained. See recipe for directions.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-103 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges or
3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

212

141

GRAMS

PROTEIN 25.11

CARBOHYDRATE 0.00

FAT 11.52

mg

CALCIUM 10.80

PHOSPHORUS 135.90

IRON 3.15

SODIUM 43.92

POTASSIUM 200.88

MAGNESIUM 16.20

VEAL STEAKS				
YIELD: 10 Portions			EACH PORTION: 3 Ounce	
PAN SIZE:		TEMPERATURE: 350°F Griddle		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Veal, steaks, breaded, frozen, tempered	3 lb 8 oz	10 steaks		<ol style="list-style-type: none">1. Scrape breading from veal and discard. Rinse veal in cold water.2. Grill on ungreased griddle 3 minutes; turn and grill 2 minutes on other side, or until done.
<p>NOTE: Veal Steak, Flaked, Formed, Breaded, frozen, portion-cut 5 to 6 oz each breaded, will yield 3 oz cooked unbreaded veal in Step 2.</p> <p>VARIATION: For a 2 Meat Exchange Portion, cut each cooked veal steak into a 2-ounce portion in Step 2.</p>				

RECIPE FOR MODIFIED DIETS

GROUND MEAT BLAND

RECIPE NUMBER L-103 (Mod)

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

218

PROTEIN 18.56

CARBOHYDRATE 7.24

FAT 12.69

GRAMS

mg

CALCIUM 59.84

PHOSPHORUS 216.84

IRON 3.26

SODIUM 714.50

POTASSIUM 534.47

MAGNESIUM 28.58

VEAL PARMESAN				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Margarine Flour, wheat, general purpose	1 1/2 oz	3 tbsp 2 tsp	40 6	1. Make roux with margarine and flour in saucepan.
Starch, edible, modified	1/2 oz	2 tbsp	14	2. Make starch slurry with small amount of tomato juice.
Juice, tomato, canned Tomato paste Parmesan cheese Sugar, granulated Salt Oregano, ground Basil, ground	2 lb 1 oz 1 oz	4 cups 2 tbsp 1/4 cup 2 tsp 1 1/2 tsp 1/2 tsp 1/2 tsp	938 29 27 9 8 0.8 0.6	3. Add tomato juice, tomato paste, Parmesan cheese, sugar, salt, oregano and basil to roux. 4. Heat to simmering, simmer two minutes. 5. Add starch slurry, heat to boiling.
Veal, cooked, ground 3/16 inch	1 lb 14 oz		850	6. Add cooked, ground veal. 7. Heat to 160°F. 8. Portion in 6 oz servings. 9. Garnish with parsley flakes. 10. Serve immediately or freeze for later use.
NOTES: 1. Veal roast should be cooked at 325°F to 160°F (L-106) (omit seasonings). Let cool and grind through 3/16 in. plate. 2. 2 lb 13 oz of raw veal should yield 1 lb 14 oz of cooked ground meat.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-103 (Mod)

THINNED STRAINED

NUTRITIONAL ANALYSIS OF ONE SERVING

255 Grams

CALORIES

223

GRAMS

PROTEIN 14.90

CARBOHYDRATE 15.31

FAT 12.22

mg

CALCIUM 79.51

PHOSPHORUS 203.83

IRON 3.63

SODIUM 1085.28

POTASSIUM 862.02

MAGNESIUM 46.68

VEAL PARMESAN					
YIELD: 10 Portions			EACH PORTION: 1 Cup		
Gallon Blender					
PAN SIZE: 7 Quart Saucepan		TEMPERATURE:			
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD	
Veal, ground, 3/16", raw	1 lb 5 oz		585	1. Boil ground veal, tomato juice, tomato paste, mar- garine, parmesan cheese, onion powder, sugar, garlic, salt, oregano, and pepper in saucepan for 5 minutes. 2. Blend in blender for 2 minutes or until smooth. 3. Return to saucepan.	
Tomato juice, canned	4 lb 6 oz	2 quart	1983		
Tomato paste, canned	3 oz	1/3 cup	84		
Margarine	2 oz	1/4 cup	65		
Parmesan cheese	1 oz	1/4 cup	26		
Onion powder	3/4 oz	3 tbsp	21		
Sugar	1/2 oz	1 tbsp	13		
Garlic, dehydrated		1 tsp	10		
Salt		1 tsp	7		
Basil, ground		1 tsp	2		
Oregano, ground		1/3 tsp	1		
Pepper, black, ground		1/3 tsp	1		
Starch, edible, modified	8 oz	2 tsp	5	4. Make starch slurry with tomato juice. 5. Add to ingredients in sauce- pan, stirring constantly. 6. Heat to 180°F. 7. Portion into one cup (8 oz) servings. 8. Serve immediately or freeze for later use.	
Tomato juice		1 cup	246		
NOTE: Use boneless veal roast, ground raw through 3/16 in. plate.					

CLINICAL DIET APPLICATION

RECIPE NUMBER L-106 (Mod)

THE MODIFIED RECIPE FOR ROAST VEAL MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Roast Veal, L-106 for Regular Diet.
Omit black pepper in Step 1.

WHEN SALT IS PERMITTED

USE AFRS ROAST VEAL, L-106 FOR REGULAR DIET.

CALORIE EXCHANGE:

1 oz (30 grams) cooked roast veal = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked roast veal = 1 calorie exchange meat fat control.

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND ROAST VEAL.

SODIUM EXCHANGE:

1 oz (30 grams) cooked roast veal = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked roast veal = 1 sodium calorie exchange meat.

RENAL DIET:

NA-CAL/R BLAND ROAST VEAL may be used in RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meat in individual container. Cover with 3 oz Brown Gravy O-16 (Mod).
Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-106 (Mod)

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

194

145

GRAMS

PROTEIN 24.39

CARBOHYDRATE 0.00

FAT 9.99

mg

CALCIUM 9.90

PHOSPHORUS 207.90

IRON 2.88

SODIUM 59.76

POTASSIUM 273.15

MAGNESIUM 18.00

ROAST VEAL				
YIELD: 10 Portions			EACH PORTION: 3 Ounces	
PAN SIZE: 13 by 9-inch Roasting Pan			TEMPERATURE: 325°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Veal roast, boneless, thawed	3 lb		1361	<ol style="list-style-type: none"> 1. Place fat side up in pans. 2. Insert meat thermometer into roast. DO NOT ADD WATER: DO NOT COVER. 3. Roast until meat thermometer registers 170°F. (approximately 1 hour 15 minutes) 4. Let stand 20 minutes. Remove netting before slicing.
VARIATION: For 2 Na-Cal/R Meat Exchanges per portion, recipe will yield 15 - 2 oz portions.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-109 (Mod)

THE MODIFIED RECIPE FOR LIVER FIESTA MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Liver Fiesta, L-109 for Regular Diet.
Omit black pepper in Step 1.

WHEN SALT IS PERMITTED

USE CAL/R BLAND LIVER FIESTA.

CALORIE EXCHANGE:

1 Portion = 3 calorie exchange meat and 1 calorie exchange vegetable.
(For 2 exchange portion, see recipe variation.)

CALORIE EXCHANGE MEAT FAT CONTROL:

1 Portion = 3 calorie exchange meat fat control and 1 calorie exchange vegetable.
(For 2 exchange portion, see recipe variation.)

GROUND MEAT:

USE LIVER FIESTA, GROUND MEAT BLAND.

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND LIVER FIESTA.

SODIUM EXCHANGE:

1 Portion = 3 sodium exchange meat and 1 sodium exchange vegetable.
(For 2 exchange portion, see recipe variation.)

SODIUM CALORIE EXCHANGE:

1 Portion = 3 sodium calorie exchange meat and 1 sodium calorie exchange vegetable.
(For 2 exchange portion, see recipe variation.)

RENAL DIET:

RECIPE NOT DEVELOPED.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion meat and sauce in individual container. Cover, label and freeze.
Liver Fiesta, Ground Meat Bland - Freeze as shown in Steps 9, 10, and 11.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-109 (Mod)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges and
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

223

GRAMS

PROTEIN

24.32

CARBOHYDRATE

8.41

FAT

9.64

mg

CALCIUM

65.09

PHOSPHORUS

331.35

IRON

2.95

SODIUM

378.27

POTASSIUM

418.29

MAGNESIUM

12.00

LIVER FIESTA

YIELD: 10 Portions

EACH PORTION: 3 Oz Cooked
Liver plus 3 Oz Sauce.

PAN SIZE: 4 1/2 Quart Saucepan

TEMPERATURE: 350°F Griddle

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef liver, sliced, tempered	2 lb 8 oz		1134	1. Cut liver into strips 4 inches long, 1 1/2 inches wide and 1/2 inch thick. 2. Grill liver approximately 2 minutes on each side until redness disappears. Set aside for use in Step 5.
Tomato Sauce: Tomatoes, cnd, crushed Tomato paste, cnd Salt Basil, ground Carrots, finely chopped Celery, finely chopped Garlic, dehydrated Water Starch, edible, modified	1 lb	2 cups 1 tbsp 1 tsp 1/4 tsp 2 tbsp 2 tbsp 1/4 tsp 2 cups 1 1/3 tbsp	454 15 6 19 19 12	3. Combine tomatoes, tomato paste, salt, basil, carrots, celery, garlic, water, and starch. 4. Bring to simmer while stirring. 5. Pour 3 oz sauce over each portion of liver.
NOTE: 1. In Step 1, 2 lb 8 oz beef liver, tempered, will yield 1 lb 14 oz after cooking. 2. In Step 2, a nonstick vegetable spray may be used to prevent sticking.				
VARIATION: For a 2 Cal/R Meat Exchange and 1 Cal/R Vegetable Exchange portion, use 1 lb 12 oz liver in Step 1. (2 oz cooked liver and 3 oz sauce)				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-109 (Mod)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchange &
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

222

1 1/2

GRAMS

PROTEIN 24.32

CARBOHYDRATE 8.36

FAT 9.64

mg

CALCIUM 63.58

PHOSPHORUS 330.99

IRON 2.95

SODIUM 76.67

POTASSIUM 418.26

MAGNESIUM 11.29

LIVER FIESTA				
YIELD: 10 Portions		or 15 (2 oz portions) EACH PORTION: 3 oz Cooked Liver plus 3 oz Sauce		
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE: 350°F Griddle		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef liver, sliced tempered	2 lb 8 oz		1134	1. Cut liver into strips 4 inches long, 1 1/2 inches wide, and 1/2 inch thick. 2. Grill liver approximately 2 minutes each side until redness disappears. Set aside for use in Step 5.
Tomato Sauce: Tomatoes, cnd, crushed, Na/R	1 lb	2 cups	454	3. Combine tomatoes, tomato paste, basil, carrots, celery, garlic, water, and starch.
Tomato paste, cnd, Na/R		1 tbsp	15	4. Bring to simmer while stirring.
Basil, ground		1/4 tsp	19	5. Pour 3 oz sauce over each portion of liver.
Carrots, finely chopped		2 tbsp	19	
Celery, finely chopped		2 tbsp	19	
Garlic, dehydrated		1/4 tsp		
Water		2 cups		
Starch, edible, modified		1 1/3 tbsp	12	
NOTE: 1. In Step 1, 2 lb 8 oz beef liver, tempered, will yield 1 lb 14 oz after cooking. 2. In Step 2, a nonstick vegetable spray may be used to prevent sticking.				
VARIATION: For a 2 Na-Cal/R Meat Exchange and a 1 Na-Cal/R Vegetable Exchange portion, use 1 lb 12 oz liver in Step 1. (2 oz cooked liver and 3 oz sauce)				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-109 (Mod)

GROUND MEAT ELAND

LIVER FIESTA				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE: 350°F Griddle		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef liver, sliced, tempered	2 lb 8 oz		1133	1. Brown liver on well greased griddle until redness just disappears. 2. Put through food grinder and reserve for Step 8.
Margarine, melted	6 oz	3/4 cup	141	3. Saute onions and peppers in margarine until tender.
Onions, dry, chopped	4 1/2 oz	3/4 cup	130	
Peppers, sweet, green, chopped	6 oz	1 1/4 cup	171	
Starch, edible, modified	1 lb 6 oz	1 tbsp	10	4. Make a starch slurry with cold water. 5. Add to onions and peppers.
Water, cold		2 3/4 cups	637	
Tomato paste, canned	8 oz	1 cup	232	6. Add tomato paste and salt. 7. Simmer for 2 minutes while stirring. 8. Add ground liver and blend well. Bring temperature back to simmering. 9. Portion into 6 oz servings. 10. Garnish with parsley flakes 11. Serve immediately or freeze for later use.
Salt		1 1/4 tsp	7	
NOTE: In Step 1, 2 lb 8 oz beef liver, tempered, will yield 1 lb 14 oz (250 grams) cooked ground liver.				

NUTRITIONAL ANALYSIS OF ONE SERVING

CALORIES

339

GRAMS

PROTEIN 25.04

CARBOHYDRATE 12.30

FAT 21.10

mg

CALCIUM 31.90

PHOSPHORUS 350.83

IRON 3.38

SODIUM 669.00

POTASSIUM 591.04

MAGNESIUM 23.45

CLINICAL DIET APPLICATION

RECIPE NUMBER L-119 (Mod)

THE MODIFIED RECIPE FOR BAKED FISH MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Baked Fish, L-119 for Regular Diet.

WHEN SALT IS PERMITTED

USE CAL/R BLAND BAKED FISH.

CALORIE EXCHANGE:

1 oz (30 grams) cooked fish = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked fish = 1 calorie exchange meat fat control.

GROUND MEAT:

USE AFRS RECIPE BAKED FISH, L-119 FOR REGULAR DIET.

THINNED STRAINED:

USE TUNA AND NOODLES, L-133 (MOD) THINNED STRAINED.

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND BAKED FISH.

SODIUM EXCHANGE:

1 oz (30 grams) cooked fish = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked fish = 1 sodium calorie exchange meat.

RENAL DIET:

USE BAKED FISH, RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - It is not recommended that recipe be frozen after baking. However, if desired, package each portion of fish in the frozen state from Step 1. Blanch onions and green peppers chopped, for 2 minutes in boiling water. Sprinkle evenly over frozen fish along with lemon juice and ground basil. Fish may then be baked at serving time.

Tuna and Noodles, Thinned Strained - See recipe for directions.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-119 (Mod)

CAL/R ELAND

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

159

PROTEIN

25.89

CARBOHYDRATE

1.61

FAT

4.81

GRAMS

mg

CALCIUM

35.78

PHOSPHORUS

252.32

IRON

1.05

SODIUM

333.04

POTASSIUM

405.13

MAGNESIUM

31.67

BAKED FISH				
YIELD: 10 Portions			EACH PORTION: 3 Ounces	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Fish, fillets or steaks, thawed	3 lb	10 - 4 3/4 oz pieces	1361	1. Place fish in roasting pan. 2. Sprinkle salt evenly over fish. 3. Combine pepper and onion and spread evenly over fish. 4. Drizzle lemon juice over fish and sprinkle basil over all. 5. Bake 30 minutes covered, or until fish flakes easily with a fork.
Salt		1 tsp	6	
Pepper, sweet, green, chopped	3 oz	1/2 cup	85	
Onions, dry, chopped	3 oz	1/2 cup	85	
Lemon juice	3 oz	6 tbsp	85	
Basil, sweet, ground		1 tsp		
NOTE: 1. In Step 1, a nonstick vegetable spray may be used to prevent sticking.				
2. Nutrient analysis is based upon use of fish low in fat such as cod, haddock, halibut, ocean perch, pollock, rockfish and catfish. Thus, calorie levels are below 60 or 75 calories allowed for meat exchanges.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-119 (Mod)

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

159

GRAMS

PROTEIN 25.89

CARBOHYDRATE 1.61

FAT 4.81

mg

CALCIUM 34.26

PHOSPHORUS 251.96

IRON 1.05

SODIUM 100.49

POTASSIUM 405.11

MAGNESIUM 30.96

BAKED FISH				
YIELD: 10 Portions		EACH PORTION: 3 Ounces		
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Fish, fillets or steaks, thawed	3 lb	10 - 4 3/4 oz pieces	1361	<ol style="list-style-type: none"> Place fish in roasting pan. Combine pepper and onion and spread evenly over fish. Drizzle lemon juice over fish and sprinkle basil over all. Bake 30 minutes, covered, or until fish flakes easily with a fork.
Pepper, sweet, green, chopped	3 oz	1/2 cup	85	
Onions, dry, chopped	3 oz	1/2 cup	85	
Lemon juice	3 oz	6 tbsp	85	
Basil, sweet, ground		1 tsp		
NOTE: 1. In Step 1, a nonstick vegetable spray may be used to prevent sticking. 2. Nutrient analysis is based upon use of fish low in fat such as cod, haddock, halibut, ocean perch, pollock, rockfish and catfish. Thus, calorie levels are below 60 or 75 calories allowed for meat exchanges.				

RECIPE FOR MODIFIED DIETS

THINNED STRAINED

RECIPE NUMBER L-133 (Mod)

(Not Allowed in Lactose Restricted Diets)

NUTRITIONAL ANALYSIS OF ONE SERVING

227 Grams

CALORIES

153 346

GRAMS

PROTEIN 30.15

CARBOHYDRATE 15.10

FAT 17.81

mg

CALCIUM 280.59

PHOSPHORUS 411.44

IRON 2.22

SODIUM 1192.87

POTASSIUM 541.16

MAGNESIUM 58.03

BAKED TUNA AND NOODLES				
YIELD: 10 Portions (2 1/2 Quart)			EACH PORTION: 1 Cup	
PAN SIZE: 1 Gallon Blender 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Flour, wheat, general purpose Margarine	1 oz	1 tbsp 2 1/3 tbsp	10 35	1. Make a roux with flour and margarine in saucepan.
Milk, homogenized Cheese, cheddar, shredded Salt Mustard, flour Celery seed, ground Pepper, white, ground	2 lb 10 oz 2 1/2 oz	1 1/4 quart 1/2 cup 1 3/4 tsp 1 tbsp 1 tsp 1/4 tsp	1200 70 11 5 2 0.7	2. Add milk, cheese, salt, mustard, celery, and pepper to roux stirring constantly. 3. Simmer until cheese is melted.
Milk, homogenized, cold Starch, edible, modified	1 lb 5 oz	2 1/2 cups 2 1/3 tbsp	600 21	4. Make a slurry with starch and milk. 5. Add to above and heat to 180°F.
Fish, Tuna, cnd, in oil, drained Noodles, egg, cooked Lemon juice Pimientos, cnd, drained, chopped	1 lb 10 oz 4 1/2 oz 1 1/2 oz 1 oz	4 2/3 cups 3/4 cup 3 tbsp 2 1/3 tbsp	742 125 44 34	6. Add tuna, noodles, lemon juice, and pimientos. 7. Simmer for 2 minutes. 8. Blend in gallon blender on high speed for 2 minutes or until smooth. 9. Portion in 8 oz (1 cup) servings. 10. Serve immediately, hot, or chill and serve cold or freeze for later use.
NOTE: 2 oz of dry noodles should yield 4 1/2 oz of cooked noodles.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-119 (Mod)

RENAL DIET

EXCHANGES

2 Renal Meat Exchanges
(List 8)

NUTRITIONAL ANALYSIS OF ONE SERVING

70 Grams

CALORIES

184

GRAMS

PROTEIN 17.22

CARBOHYDRATE 0.38

FAT 12.35

mg

CALCIUM 22.66

PHOSPHORUS 167.29

IRON 0.67

SODIUM 67.51

POTASSIUM 258.30

MAGNESIUM 19.53

BAKED FISH				
YIELD: 10 Portions			EACH PORTION: 2 Ounces	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Fish, fillets or steaks, thawed (Cod, Haddock, Perch, Catfish, Bass, or Carp)	2 lb	10 - 90 gram pieces	907	1. Place single layer of fish on greased pan.
Butter or Margarine, Na/R melted	4 oz	1/2 cup	113	2. Combine lemon juice and butter or margarine. Drizzle evenly over fish.
Lemon juice	1 oz	2 tbsp	28	
Paprika, ground		1/2 tsp		3. Sprinkle fish with paprika.
				4. Bake 30 minutes or until fish flakes easily with a fork.
Parsley, fresh, chopped		2 tbsp		5. Portion into 10 - 2 oz portions.
				6. Garnish with parsley before serving.

CLINICAL DIET APPLICATION

RECIPE NUMBER L-128 (Mod)

THE MODIFIED RECIPE FOR SALMON CAKES MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Salmon Cakes, L-128 for Regular Diet.
Omit black pepper in Step 7.

WHEN SALT IS PERMITTED

USE CAL/R BLAND SALMON CAKES.

CALORIE EXCHANGE:

1 oz (30 grams) cooked salmon cakes = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

Not Allowed.

GROUND MEAT:

USE AFRS RECIPE SALMON CAKES FOR REGULAR DIET.

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND SALMON CAKES.

SODIUM EXCHANGE:

1 oz (30 grams) cooked salmon cakes = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked salmon cakes = 1 sodium calorie exchange meat.

RENAL DIET:

USE NA-CAL/R BLAND RECIPE FOR 2 NA-CAL/R MEAT EXCHANGES.
(SEE VARIATION.)

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion in individual servings. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-128 (Mod)

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

187

GRAMS

PROTEIN 20.22

CARBOHYDRATE 3.25

FAT 9.79

mg

CALCIUM 242.92

PHOSPHORUS 348.73

IRON 1.50

SODIUM 485.86

POTASSIUM 345.61

MAGNESIUM 35.11

SALMON CAKES				
YIELD: 10 Portions			EACH PORTION: 2 Salmon Cakes	
PAN SIZE: 18 by 24-inch Sheet Pan		TEMPERATURE: 325° F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Salmon, canned, drained with skin and bones removed	2 lb		907	1. Discard juice, skin and bones. Flake salmon.
Eggs, whole, beaten		6 tbsp (2 eggs)	90	2. Combine salmon, eggs, celery, onions, lemon juice and rolled oats. Mix thoroughly.
Celery, finely chopped		1 1/2 tbsp	14	3. Shape into 20 - 54 gram salmon cakes (2" diameter and 1/2" thick).
Onions, minced		1 tbsp	14	4. Lightly spray sheet pan with nonstick vegetable spray. Place salmon cakes 5 by 4 on sheet pan.
Juice, lemon		1 tbsp	14	5. Bake 15 minutes or until cakes reach an internal temperature of 160° F.
Cereal, rolled oats	1 1/2 oz	1/2 cup	43	
NOTES: 1. 2 lb 8 oz salmon, canned, will yield 1 lb 12 oz drained with skin and bones removed. 2. A 54 gram uncooked salmon cake will yield a 45 gram cooked salmon cake.				
VARIATION: For 2 Cal/R Meat Exchange Portions (2 oz cooked salmon cakes) use 1 lb 6 oz canned, drained, salmon with skin and bones removed in Step 1. In Step 3, shape into 20 - 35 gram salmon cakes.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-128 (Mod)

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

187

GRAMS

PROTEIN 20.22

CARBOHYDRATE 3.25

FAT 9.79

mg

CALCIUM 242.92

PHOSPHORUS 348.73

IRON 1.50

SODIUM 55.0

POTASSIUM 345.61

MAGNESIUM 35.11

SALMON CAKES				
YIELD: 10 Portions			EACH PORTION: 2 Salmon Cakes	
PAN SIZE: 18 by 24-inch Sheet Pan			TEMPERATURE: 325° F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Salmon, canned, Na/R drained with skin and bones removed	2 lbs		907	1. Discard juice, skin and bones. Flake salmon.
Eggs, whole, beaten		6 tbsp (2 eggs)	90	2. Combine salmon, eggs, celery, onions, lemon juice, and rolled oats. Mix thoroughly.
Celery, finely chopped		1 tbsp	14	3. Shape into 20 - 54 gram salmon cakes (2" diameter and 1/2" thick).
Onions, minced		1 tbsp	14	4. Lightly spray sheet pan with nonstick vegetable spray. Place salmon cakes 5 by 4 on sheet pan.
Juice, lemon		1 tbsp	14	5. Bake 15 minutes or until cakes reach an internal temperature of 160° F.
Cereal, rolled oats	1 1/2 oz	1/2 cup	43	
NOTES: 1. 2 lb 8 oz salmon, canned, Na/R will yield 2 lb or drained with skin and bones removed. 2. A 54 gram uncooked salmon cake will yield a 45 gram cooked salmon cake.				
VARIATION: For 2 Na-Cal/R Meat Exchange Portions (2 oz cooked salmon cakes) use 1 lb 6 oz Na/R canned drained salmon with skin and bones removed in Step 1. In Step 3, shape into 20 - 35 gram salmon cakes.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-132 (Mod)

THE MODIFIED RECIPE FOR TUNA SALAD MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Tuna Salad L-132 for Regular Diet.
No change necessary.

WHEN SALT IS PERMITTED

USE CAL/R BLAND TUNA SALAD.

CALORIE EXCHANGE:

45 grams tuna salad = 1 calorie exchange meat

CALORIE EXCHANGE MEAT FAT CONTROL:

Not Allowed.

GROUND MEAT:

USE AFRS RECIPE TUNA SALAD L-132 FOR REGULAR DIET. OMIT
CHOPPED CELERY AND CHOPPED PICKLES IN STEP 2. OMIT
LETTUCE IN STEP 4.

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND TUNA SALAD.

SODIUM EXCHANGE:

45 grams tuna salad = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

45 grams tuna salad = 1 sodium calorie exchange meat.

RENAL DIET:

RECIPE NOT DEVELOPED.

DIRECTIONS FOR FREEZING

Freezing not recommended.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-132 (Mod)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

135 Grams

CALORIES

131

GRAMS

PROTEIN 23.15

CARBOHYDRATE 2.05

FAT 2.70

mg

CALCIUM 28.84

PHOSPHORUS 181.63

IRON 1.76

SODIUM 729.20

POTASSIUM 260.58

MAGNESIUM 26.98

TUNA SALAD				
YIELD: 10 Portions (6 2/3 Cups)			EACH PORTION: ^{4 1/2 Ounces} (2/3 Cup)	
PAN SIZE: 1 Quart Size Double Boiler		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Tuna, canned, water packed, drained	1 lb 10 oz	(4½ - 6½ oz cn)	737	1. Flake tuna. Add eggs, celery and onions. Toss lightly to blend.
Eggs, hard cooked, chopped	4 3/4 oz	1 cup (3 eggs)	135	
Celery, fresh, chopped	2 2/3 oz	1/2 cup	75	
Onions, dry, chopped	2 2/3 oz	1/2 cup	75	
<u>COOKED SALAD DRESSING</u>				
Egg, slightly beaten	1 1/2 oz	1 egg	45	2. In top of double boiler, combine egg, water, starch, salt, mustard, vinegar, celery seed, and butter flavor granules. 3. Heat while stirring until thickened. Chill. 4. Add salad dressing to tuna mixture. Toss lightly. 5. Cover; refrigerate until ready to serve.
Water, cold		3/4 cup		
Starch, edible, modified		1 tbsp	9	
Salt		1/4 tsp		
Mustard flour		1 tsp		
Vinegar		2 tbsp		
Celery seed		1/2 tsp		
Butter flavored granules			7	
VARIATION: 1. SALMON SALAD. In Step 1, omit tuna; use 1 lb 10 oz canned salmon which has been drained, with skin and bones removed. 2. For 2 Cal/R Meat Exchanges per portion, serve 1/2 Cup (3 oz) portions - 15 per recipe.				

SALMON SALAD

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges

**NUTRITIONAL ANALYSIS
OF ONE SERVING**

135 Grams

CALORIES

141

GRAMS

PROTEIN	17.63
CARBOHYDRATE	2.05
FAT	6.46

mg

CALCIUM	161.50
PHOSPHORUS	252.38
IRON	1.17
SODIUM	369.54
POTASSIUM	321.01
MAGNESIUM	28.46

SALMON SALAD

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges

**NUTRITIONAL ANALYSIS
OF ONE SERVING**

135 Grams

CALORIES

141

GRAMS

PROTEIN	17.63
CARBOHYDRATE	2.09
FAT	6.46

mg

CALCIUM	161.26
PHOSPHORUS	252.44
IRON	1.17
SODIUM	77.27
POTASSIUM	321.63
MAGNESIUM	28.31

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-132 (Mod)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

135 Grams

CALORIES

131

191

GRAMS

PROTEIN

23.16

CARBOHYDRATE

2.09

FAT

2.70

mg

CALCIUM

20.49

PHOSPHORUS

177.26

IRON

2.94

SODIUM

62.53

POTASSIUM

298.79

MAGNESIUM

28.31

TUNA SALAD				
YIELD: 10 Portions (6 2/3 cups)			EACH PORTION: 4 1/2 Ounces (2/3 Cup)	
PAN SIZE: 1 Quart Size Double Boiler		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Tuna, Na/R canned, drained	1 lb 10 oz	4 1/2 - 6 1/2 oz cn	737	1. Flake tuna. Add eggs, celery, and onions. Toss lightly to blend.
Eggs, hard cooked, chopped	4 3/4 oz	1 cup (3 eggs)	135	
Celery, fresh, chopped	2 2/3 oz	1/2 cup	75	
Onions, dry, chopped	2 2/3 oz	1/2 cup	75	
<u>COOKED SALAD DRESSING</u>				2. In top of double boiler, combine egg, water, starch, mustard, vinegar, and celery seed. 3. Heat while stirring until thickened. Chill. 4. Add salad dressing to tuna mixture. Toss lightly. 5. Cover; refrigerate until ready to serve.
Egg, slightly beaten	1 1/2 oz	1 egg	45	
Water, cold		3/4 cup		
Starch, edible, modified		1 tbs	9	
Mustard flour		1 tsp		
Vinegar		2 tbs		
Celery seed		1/2 tsp		
VARIATION: 1. Na-Cal/R Salmon Salad. In Step 1, omit tuna; use 1 lb 10 oz Na/R canned salmon which has been drained, with skin and bones removed. 2. For 2 Na-Cal/R Meat Exchanges per portion, serve 1/2 Cup (3 oz) portions - 15 per recipe.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-136 (Mod)

THE MODIFIED RECIPE FOR CREOLE SHRIMP MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Creole Shrimp, L-136. Omit black pepper and hot sauce in Step 3.

WHEN SALT IS PERMITTED

USE CAL/R BLAND CREOLE SHRIMP.

CALORIE EXCHANGE:

45 Grams cooked shrimp and 3 oz (6 tbsp) creole sauce =
1 calorie exchange meat and 1 calorie exchange vegetable.

CALORIE EXCHANGE MEAT FAT CONTROL:

45 Grams cooked shrimp and 3 oz (6 tbsp) creole sauce =
1 calorie exchange meat fat control and 1 calorie exchange vegetable.

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

NOT ALLOWED.

SODIUM EXCHANGE:

Not Allowed.

SODIUM CALORIE EXCHANGE:

Not Allowed.

RENAL DIET:

NOT ALLOWED.

DIRECTIONS FOR FREEZING

Cal/R Bland - Portion cooked shrimp with sauce in individual containers. Cover, label, and freeze.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-136 (Mod)

EXCHANGES

2 Cal/R Meat Exchanges
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

163 164

GRAMS

PROTEIN 29.23

CARBOHYDRATE 6.89

FAT 1.35

mg

CALCIUM 134.30

PHOSPHORUS 273.57

IRON 2.76

SODIUM 493.04

POTASSIUM 432.64

MAGNESIUM 69.16

CREOLE SHRIMP				
YIELD: 10 Portions			EACH PORTION: 3 Oz Cooked Shrimp in 3 Oz Creole Sauce. (3/4 Cup Serving)	
PAN SIZE: 4 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Shrimp, raw, peeled deveined, thawed Water, boiling Salt	3 lb 8 oz	2 quart 2 tsp	1588	1. Place shrimp in boiling, salted water; cover, return to a boil. Simmer 5 minutes; drain. Set aside for use in Step 3.
Creole Sauce		1 quart		2. Prepare Creole Sauce, Cal/R Bland - Recipe No. 0-5 (Mod). 3. Combine with drained shrimp and bring to a simmer.

WEIGHTS OF RAW CHICKEN PARTS TO YIELD COOKED MEAT EXCHANGES

NSN 8905 00 965 2128 Chicken, frozen, broiler or fryer, ready-to-cook, 9 pieces cut, w/o backs, necks, and giblets, US grade A, 2 1/2 to 3 1/4 lb.

WEIGHTS NEEDED TO GIVE 3 MEAT EXCHANGES (3 oz cooked chicken meat)

<u>RAW WEIGHT BEFORE REMOVING SKIN</u>		<u>COOKED WEIGHT (Meat only) NO SKIN, NO BONE</u>
1 Portion (1 Drumstick and (1 Thigh	3 1/2 oz 3 1/2 oz	1 1/4 oz) 1 3/4 oz)
1 Portion (2 Breast Pieces	3 1/2 oz each	1 1/2 oz each)
1 Portion (1 Breast Piece (1 Keel	3 1/2 oz 2 3/4 oz	1 1/2 oz) 1 1/2 oz)
1 Portion (1 Breast Piece (1 Drumstick	3 1/2 oz 3 1/3 oz	1 1/2 oz) 1 1/2 oz)
1 Portion (2 Drumsticks	3 1/3 oz each	1 1/2 oz each)
1 Portion (2 Thighs	3 oz each	1 1/2 oz each)

WEIGHTS NEEDED TO GIVE 2 MEAT EXCHANGES (2 oz cooked chicken meat)

1 Portion (2 Drumsticks	2 oz each	1 oz each)
1 Portion (1 Thigh	4 1/2 oz	2 oz)
1 Portion (1 Breast	4 1/2 oz	2 oz)
1 Portion (1 Keel	3 1/2 oz	2 oz)

NOTE: The 9 piece cut of chicken consists of 2 drumsticks, 2 thighs, 2 wings, with the breast cut into 3 portions - right side, left side, and keel. Wings are not used in these modified diet recipes due to the high proportion of skin.

CLINICAL DIET APPLICATION

RECIPE NUMBER L-148 (Mod)

THE MODIFIED RECIPE FOR CHICKEN CACCIATORE MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Chicken Cacciatore, L-148 for Regular diet.
Omit black pepper in Step 4.

WHEN SALT IS PERMITTED

USE CAL/R BLAND CHICKEN CACCIATORE.

CALORIE EXCHANGE:

1 oz (30 grams) cooked chicken = 1 calorie exchange meat.
3 oz (6 tbsp) sauce = 1 calorie exchange vegetable.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked chicken = 1 calorie exchange meat fat control.
3 oz (6 tbsp) sauce = 1 calorie exchange vegetable.

GROUND MEAT:

USE CHICKEN CACCIATORE, GROUND MEAT BLAND.

THINNED STRAINED:

USE CHICKEN CACCIATORE, THINNED STRAINED.

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND CHICKEN CACCIATORE.

SODIUM EXCHANGE:

1 oz (30 grams) cooked chicken = 1 sodium exchange meat.
3 oz (6 tbsp) sauce = 1 sodium exchange vegetable.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked chicken = 1 sodium calorie exchange meat.
3 oz (6 tbsp) sauce = 1 sodium calorie exchange vegetable.

RENAL DIET:

RECIPE NOT DEVELOPED.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion chicken and sauce in individual container. Cover, label and freeze.
Chicken Cacciatore, Ground Meat Bland and Thinned Strained. See recipe for directions.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-148 (Mod) (1)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

150 Grams

CALORIES

186
96

GRAMS

PROTEIN 28.59

CARBOHYDRATE 4.47

FAT 5.27

mg

CALCIUM 67.84

PHOSPHORUS 253.89

IRON 1.80

SODIUM 596.06

POTASSIUM 497.56

MAGNESIUM 4.05

CHICKEN CACCIATORE				
YIELD: 10 Portions (20 Pieces of Chicken)			EACH PORTION: 2 Pieces and 2 Oz Sauce.	
PAN SIZE: 2 Gallon Size Kettle and 13 by 18-inch Roasting Pan			TEMPERATURE: 325°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken, broiler-fryer, cut-up, thawed	4 lb 4 oz	7 Breasts (3 1/2 oz ea) 3 Keels (2 3/4 oz ea) 5 Drumsticks (3 1/2 oz ea) 5 Thighs (3 1/2 oz ea) 2 quarts 2 tsp	695 234 496 496 12	1. See L-New (Mod) for weights of raw chicken parts to yield desired cooked meat exchanges. 2. Wash chicken pieces thoroughly under cold running water. Remove skin and discard. Rinse and drain well. 3. Place in kettle. 4. Add boiling water and salt. Bring to a boil and simmer 20 minutes. Save liquid to use in Step 7. 5. Place chicken pieces in roasting pan.
Water, boiling Salt				
Cacciatore Sauce: Onions, dry, chopped Peppers, sweet, green, chopped	1 1/3 oz 1 1/3 oz	1/4 cup 1/4 cup	38 38	6. Stir cook (Using non-stick vegetable spray in saucepan) onions and green pepper until tender.
Chicken broth Mushrooms, canned, sliced drained Oregano, ground Basil, sweet, ground Garlic, dehydrated Tomatoes, canned, crushed	1 lb	1 cup 2 cups 1/2 tsp 1/2 tsp 1/4 tsp 2 cups	125 454	7. Add chicken broth, mushrooms, oregano, basil, garlic, and tomatoes. Blend well and bring to a boil. Simmer 10 minutes.
(CONTINUED)				

RECIPE FOR MODIFIED DIETS

(CONTINUED)

RECIPE NUMBER L-148 (Mod) (2)

CAL/R BLAND

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

167

GRAMS

PROTEIN
CARBOHYDRATE
FAT

mg

CALCIUM
PHOSPHORUS
IRON
SODIUM
POTASSIUM
MAGNESIUM

CHICKEN CACCIATORE				
YIELD:		EACH PORTION:		
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Starch, edible, modified Water, cold		2 tbsp 1/2 cup	18	8. Combine starch and water to make a slurry. Add to sauce mixture while stirring. Return to boil. 9. Pour over chicken; cover and bake 30 minutes.
NOTE: For a free calorie vegetable exchange, prepare one-half sauce recipe for use in Step 9.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-148 (Mod) (1)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

150 Grams

CALORIES

185

GRAMS

PROTEIN 28.58

CARBOHYDRATE 4.38

FAT 5.27

mg

CALCIUM 64.82

PHOSPHORUS 252.89

IRON 1.80

SODIUM 73.29

POTASSIUM 496.82

MAGNESIUM 2.59

CHICKEN CACCIATORE				
YIELD: 10 Portions (20 Pieces of Chicken)			EACH PORTION: 2 Pieces and 2 Oz Sauce	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken, broiler-fryer, cut-up, thawed	4 lb 4 oz	7 Breasts (3 1/2 oz ea) 3 Keels (2 3/4 oz ea) 5 Drumsticks (3 1/2 oz ea) 5 Thighs (3 1/2 oz ea) 2 quarts 2 tsp	695 234 496 496 12	1. See L-New (Mod) for weights of raw chicken parts to yield desired cooked meat exchanges. 2. Wash chicken pieces thoroughly under cold running water. Remove skin and discard. Rinse and drain well. 3. Place in kettle. 4. Add boiling water and salt. Bring to a boil and simmer 20 minutes. Save liquid to use in Step 7. 5. Place chicken pieces in roasting pan.
Water, boiling Salt				
Cacciatore Sauce: Onions, dry, chopped Peppers, sweet, green chopped	1 1/3 oz 1 1/3 oz	1/4 cup 1/4 cup	38 38	6. Stir cook (using non-stick vegetable spray in saucepan) onions and green pepper until tender.
Chicken broth, Na/R Mushrooms, fresh, sliced Oregano, ground Basil, sweet, ground Garlic, dehydrated Tomatoes, canned, crushed, Na/R		1 cup 2 cups 1/2 tsp 1/2 tsp 1/4 tsp 2 cups	125 454	7. Add chicken broth, mushrooms, oregano, basil, garlic, and tomatoes. Blend well and bring to a boil. Simmer 10 minutes.
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

(CONTINUED)

RECIPE NUMBER L-148 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

169

PROTEIN

CARBOHYDRATE

FAT

GRAMS

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

CHICKEN CACCIATORE				
YIELD:		EACH PORTION:		
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Starch, edible, modified Water, cold		2 tbsp 1/2 cup	18	8. Combine starch and water to make a slurry. Add to sauce mixture while stirring. Return to boil. 9. Pour over chicken; cover and bake 30 minutes.
NOTE: For a free sodium calorie vegetable exchange, prepare one-half sauce recipe for use in Step 9.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-148 (Mod) (1)

GROUND MEAT BLAND

Adapted from WRAMC Production Guide

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

236

GRAMS

PROTEIN 29.12

CARBOHYDRATE 8.32

FAT 9.20

mg

CALCIUM 30.85

PHOSPHORUS 260.39

IRON 2.34

SODIUM 848.88

POTASSIUM 648.27

MAGNESIUM 38.62

CHICKEN CACCIATORE				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 2/3 Cup	
PAN SIZE: Steam Jacketed Kettle 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken, broiler-fryer, whole, thawed Water Salt Bay leaf	5 lb 14 oz	1 gallon 1 1/3 tbsp 1 leaf	23	1. Wash chicken thoroughly, inside and out, under cold running water. Drain well. 2. Place chicken in steam jacketed kettle; add water, salt, and bay leaf. Bring to a boil; reduce heat; simmer 1 hour or until tender. 3. Remove chicken. Strain; reserve stock for use in Step 5. 4. Remove meat from bones; discard skin. Grind chicken and reserve for use in Step 7.
Chicken stock Tomato paste Salad oil Sugar, granulated Oregano, ground Basil, sweet, ground		2 1/3 cup 1 1/4 cup 2 1/2 tbsp 2 tsp 1 tsp 1 tsp	528 285 37 10 1 1	5. Combine stock, tomato paste, oil, sugar, oregano, and basil. Heat to simmering; simmer 2 minutes.
Starch, edible, modified Water, cold		1 1/3 tbsp 1/2 cup	12 113	6. Add starch to water to make a slurry. Add to sauce while stirring. Heat to boiling.
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

GROUND MEAT BLAND

(CONTINUED)

RECIPE NUMBER L-148 (Mod) (2)

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

171

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

CHICKEN CACCIATORE				
YIELD:		EACH PORTION:		
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Mushrooms, canned, drained and finely chopped		1/3 cup	56	7. Add cooked meat and mushrooms and blend well. 8. Portion into 6 oz servings using #6 scoop. 9. Serve immediately or freeze for later use.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-148 (Mod)

THINNED STRAINED

Adapted from WRAMC Production Guide

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams

CALORIES

205

GRAMS

PROTEIN 13.60

CARBOHYDRATE 12.16

FAT 11.71

mg

CALCIUM 102.00

PHOSPHORUS 129.74

IRON 2.31

SODIUM 911.23

POTASSIUM 498.28

MAGNESIUM 36.59

CHICKEN CACCIATORE				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: Gallon Blender 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken Puree, canned Soup and Gravy Base, chicken flavor Water, boiling Salad oil Onion powder Tomato paste, cnd. Sugar, granulated Salt Garlic, dehydrated Oregano, ground Basil, sweet, ground Pepper, white, ground	1 lb 14 oz	(2 - 15 oz cn) 2 tbsp 4 3/4 cup 3 tbsp 1/4 cup 1 1/4 cup 3 1/2 tsp 1 tsp 1 tbsp 1 1/2 tsp 1 1/2 tsp 1/4 tsp	851 21 31 306 16 6 10 2 2	1. Combine chicken, Soup and Gravy base, water, salad oil, tomato paste, onion powder, sugar, salt, garlic, oregano, basil, and pepper. 2. Heat to simmering.
Starch, edible, modified Water, cold		1 3/4 tsp 1/2 cup	5	3. Add starch to water to make a slurry. 4. Add to chicken mixture while stirring. Bring to simmer. 5. Place in blender and blend 2 minutes or until smooth. 6. Portion into 8 oz portions. 7. Serve immediately or freeze.

CLINICAL DIET APPLICATION

RECIPE NUMBER L-151 (Mod)

THE MODIFIED RECIPE FOR CHICKEN SALAD MAY BE USED IN THE FOLLOWING DIETS

LACTOSE RESTRICTED DIET: Not Allowed

BLAND DIET: Use AFRS Recipe Chicken Salad, L-151 for Regular Diet.
Omit black pepper in Step 5.

WHEN SALT IS PERMITTED

USE CAL/R BLAND CHICKEN SALAD.

CALORIE EXCHANGE:

1 1/2 oz (45 grams) chicken salad = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 1/2 oz (45 grams) chicken salad = 1 calorie exchange meat fat control.

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND CHICKEN SALAD.

SODIUM EXCHANGE:

1 1/2 oz (45 grams) chicken salad = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 1/2 oz (45 grams) chicken salad = 1 sodium calorie exchange meat.

RENAL DIET:

RECIPE NOT DEVELOPED.

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion salad in individual container. Cover, label, and freeze.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-151 (Mod)

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

135 Grams

CALORIES

174
191

GRAMS

PROTEIN 30.26

CARBOHYDRATE 3.46

FAT 5.53

mg

CALCIUM 53.81

PHOSPHORUS 273.72

IRON 1.63

SODIUM 369.06

POTASSIUM 446.88

MAGNESIUM 11.98

CHICKEN SALAD				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 1 Gallon Size Steam Jacketed Kettle TEMPERATURE:				
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken, broiler-fryer, whole, thawed Water Bay leaf Salt	5 lb	2 quarts 1 leaf 2 tsp	2268 12	1. Wash chicken thoroughly, inside and out, under cold running water. Drain well. 2. Place chicken in Steam-Jacketed Kettle; add water, salt, bay leaf. Bring to a boil; reduce heat; simmer 1 hour or until tender. 3. Remove chicken. Remove meat from bones; discard skin and bones. Cut into 1/2 to 1-inch pieces. Cover; place in refrigerator to chill. (Use 1 lb 14 oz diced chicken).
Celery, fresh, chopped Peppers, sweet, fresh chopped Onions, dry, chopped	2 1/2 oz 2 1/2 oz 1 1/4 oz	1/2 cup 1/2 cup 1/4 cup	71 71 35	4. Add celery, peppers, and onions to chicken. Mix thoroughly.
Low Calorie Salad Dressing Lemon juice	10 oz	1 1/4 cup 3 1/2 tbsp	283 50	5. Prepare Cal/R Salad Dressing M-68 (Mod) 1 1/4 x recipe. 6. Add lemon juice to salad dressing; blend well. 7. Add to chicken mixture and mix gently but thoroughly.
VARIATION: For a 2 Cal/R Meat Exchange portion, serve 3 oz (1/3 Cup) - 15 portions / recipe.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER L-151 (Mod)

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

135 Grams

CALORIES

191
175

GRAMS

PROTEIN 30.26

CARBOHYDRATE 3.49

FAT 5.53

mg

CALCIUM 52.32

PHOSPHORUS 273.40

IRON 1.63

SODIUM 96.85

POTASSIUM 447.42

MAGNESIUM 11.29

CHICKEN SALAD				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 1/2 cup	
PAN SIZE:1 Gallon Size Steam Jacketed Kettle TEMPERATURE:				
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken, broiler-fryer, whole, thawed Water Bay leaf	5 lb	2 Quart 1 leaf	2268	1. Wash chicken thoroughly, inside and out, under cold running water. Drain well. 2. Place chicken in steam-jacketed kettle; add water and bay leaf. Bring to a boil; reduce heat; simmer 1 hour or until tender. 3. Remove chicken. Remove meat from bones; discard skin and bones. Cut into 1/2 to 1-inch pieces. Cover; place in refrigerator to chill. (Use 1 lb 14 oz diced chicken)
Celery, fresh, chopped Peppers, sweet, fresh, chopped Onions, dry, chopped	2 1/2 oz 2 1/2 oz	1/2 cup 1/2 cup 1/4 cup	71 71 35	4. Add celery, peppers and onions to chicken. Mix thoroughly.
Na/R Low Calorie Salad Dressing Lemon juice	10 oz	1 1/4 cup 3 1/2 tbsp	283	5. Prepare Na-Cal/R Salad Dressing, M-68 (Mod) 1 1/4 X recipe. 6. Add lemon juice to salad dressing; blend well. 7. Add to chicken mixture and mix gently, but thoroughly.
VARIATION: For a 2 Na-Cal/R Meat Exchange portion, serve 3 oz				1/3 Cup) - 15 portions / recipe.

CLINICAL DIET APPLICATION

RECIPE NUMBER L-154 (Mod)

THE MODIFIED RECIPE FOR CREOLE CHICKEN

MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Creole Chicken for Regular Diet. Omit black pepper in Step 3. Use Regular Diet Recipe for Creole Sauce 0-5. Omit black pepper and Worcestershire Sauce in Step 2.

WHEN SALT IS PERMITTED

WHEN SALT IS NOT PERMITTED

USE CAL/R BLAND CREOLE CHICKEN.

USE NA-CAL/R BLAND CREOLE CHICKEN.

CALORIE EXCHANGE:

1 oz (30 grams) cooked chicken = 1 calorie exchange meat.
3 oz (6 tbsp) Creole Sauce = 1 calorie exchange vegetable.

SODIUM EXCHANGE:

1 oz (30 grams) cooked chicken = 1 sodium exchange meat.
3 oz (6 tbsp) Creole Sauce = 1 sodium exchange vegetable.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked chicken = 1 calorie exchange meat fat control.
3 oz (6 tbsp) Creole Sauce = 1 calorie exchange vegetable.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked chicken = 1 sodium calorie exchange meat.
3 oz (6 tbsp) Creole Sauce = 1 sodium calorie exchange vegetable.

GROUND MEAT:

RENAL DIET:

RECIPE NOT DEVELOPED.

THINNED STRAINED:

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland = Portion chicken and sauce in individual container. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-154 (Mod)

CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges and
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

270 Grams

CALORIES

187

PROTEIN 28.32

CARBOHYDRATE 5.03

FAT 5.24

mg

CALCIUM 49.64

PHOSPHORUS 240.41

IRON 1.68

SODIUM 344.44

POTASSIUM 442.24

MAGNESIUM 4.29

CREOLE CHICKEN				
YIELD: 10 Portions		EACH PORTION: ² Pieces and 3 Oz Sauce		
PAN SIZE: ⁴ 1/2 Quart Saucepan 13 by 18-inch Roasting Pan		TEMPERATURE: 350° F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken, broiler-fryer, cut-up, thawed	4 lb 4 oz	7 Breasts (3 1/3 oz ea) 3 Keels (2 3/4 oz ea) 5 Drumsticks (3 1/2 oz ea) 5 Thighs (3 1/2 oz ea)	700 234 496 496	1. See L-New (Mod) for weights of raw chicken parts to yield cooked meat exchanges. 2. Wash chicken pieces thoroughly under cold running water. Remove skin and discard. Rinse and drain well. 3. Place chicken in roasting pan.
Onions, dry, chopped Peppers, sweet, fresh, chopped Rosemary, whole Salt	1 3/4 oz 1 3/4 oz	1/3 cup 1/3 cup 1/2 tsp 1/2 tsp	50 50 3	4. Using a nonstick vegetable spray in saucepan, stir- cook onions and peppers until tender; sprinkle vegetables, rosemary, and salt evenly over chicken in roasting pan. 5. Bake 45 minutes. Do not cover.
Creole Sauce		1 quart		6. Prepare Creole Sauce, Cal/R Bland (Recipe No. 0-5) (Mod). 7. Spread evenly over chicken. 8. Bake 20 minutes or until tender.
NOTE: For a free calorie vegetable exchange, use only one-half sauce in Step 7.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-154 (Mod)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchange
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

270 Grams

CALORIES

187

178

GRAMS

PROTEIN

28.32

CARBOHYDRATE

5.00

FAT

5.24

mg

CALCIUM

48.12

PHOSPHORUS

240.05

IRON

1.68

SODIUM

75.83

POTASSIUM

442.22

MAGNESIUM

3.57

CREOLE CHICKEN				
YIELD: 10 Portions		EACH PORTION: 2 Pieces and 3 Oz Sauce		
PAN SIZE: 4 1/2 Quart Saucepan 13 by 18-inch Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken, broiler-fryer, cut-up, thawed	4 lb 4 oz	7 Breasts (3 1/2 oz ea) 3 Keels (2 3/4 oz ea) 5 Drumsticks (3 1/2 oz ea) 5 Thighs (3 1/2 oz ea)	700 234 496 496	1. See L-New (Mod) for weights of raw chicken parts to yield cooked meat exchanges. 2. Wash chicken pieces thoroughly under cold running water. Remove skin and discard. Rinse and drain well. 3. Place chicken in roasting pan.
Onions, dry, chopped Peppers, sweet, fresh Rosemary, whole	1 3/4 oz 1 3/4 oz	1/3 cup 1/3 cup 1/2 tsp	50 50	4. Using a nonstick vegetable spray in saucepan, stir-cook onions and peppers until tender; sprinkle vegetables and rosemary evenly over chicken. 5. Bake 45 minutes. Do not cover.
Creole Sauce, Na-Cal/R Bland		1 quart		6. Prepare Creole Sauce, Na-Cal/R Bland (Recipe No. O-5 (Mod)). 7. Spread evenly over chicken. 8. Bake 20 minutes or until tender.
NOTE: For a free sodium calorie vegetable exchange, use only one-half sauce in Step 7.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-157 (Mod)

THE MODIFIED RECIPE FOR PINEAPPLE CHICKEN MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Pineapple Chicken, L-157 for Regular Diet.
No changes are needed.

WHEN SALT IS PERMITTED

USE CAL/R BLAND PINEAPPLE CHICKEN.

CALORIE EXCHANGE:

1 oz (30 grams) cooked chicken = 1 calorie exchange meat.
2 oz pineapple sauce = 1 calorie exchange vegetable.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked chicken = 1 calorie exchange meat
fat control.
2 oz pineapple sauce = 1 calorie exchange vegetable.

GROUND MEAT:

USE PINEAPPLE CHICKEN, GROUND MEAT PLAND.

THINNED STRAINED:

USE PINEAPPLE CHICKEN, THINNED STRAINED.

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND PINEAPPLE CHICKEN.

SODIUM EXCHANGE:

1 oz (30 grams) cooked chicken = 1 sodium exchange meat.
2 oz pineapple sauce = 1 sodium exchange vegetable.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked chicken = 1 sodium calorie
exchange meat.
2 oz pineapple sauce = 1 sodium calorie exchange vegetable.

RENAL DIET:

USE PINEAPPLE CHICKEN, RENAL DIET.

DIRECTIONS FOR FREEZING

Cal/R Bland, Na-Cal/R Bland and Renal - Portion chicken and sauce in individual container. Cover, label and freeze.
Pineapple Chicken, Ground Meat Bland and Thinned Strained. See recipe for directions.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-157 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

3 Cal/R Meat

EXCHANGES Exchanges and

1 Cal/R Vegetable Exchange

3 Na-Cal/R Meat Exchanges &

1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

150 Grams

CALORIES

195

180 **GRAMS**

PROTEIN 27.92

CARBOHYDRATE 7.65

FAT 5.22

mg

CALCIUM 24.38

PHOSPHORUS 231.45

IRON 1.64

SODIUM 71.93

POTASSIUM 399.62

MAGNESIUM 5.18

PINEAPPLE CHICKEN				
YIELD: 10 Portions			EACH PORTION: 2 Pieces and 2 Oz Sauce	
PAN SIZE:		TEMPERATURE: 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken, broiler-fryer, cut-up, thawed	4 lb 4 oz	7 Breasts (3 1/2 oz ea) 3 Keels (2 3/4 oz ea) 5 Drumsticks (3 1/2 oz ea) 5 Thighs (3 1/2 oz ea)	700 234 496 496	1. See L-New (Mod) for weights of raw chicken parts to yield cooked meat exchanges. 2. Wash chicken pieces thoroughly under cold running water. Remove skin and discard. Rinse and drain well. 3. Place chicken in roasting pan.
Pineapple, canned, crushed, (unsweetened) Cinnamon, ground Cloves, ground Ginger, ground Lemon juice Water Starch, edible, modified	1 lb 4 oz	2 1/3 cups 1/2 tsp 1/8 tsp 1 tsp 1/2 tsp 2 cups 2 tbsp	567 18	4. Drain pineapple; reserve pineapple for Step 5. 5. Combine pineapple juice, cinnamon, cloves, ginger, lemon juice, water, and starch. Heat to simmering while stirring. 6. Add pineapple to sauce; blend well. 7. Spread sauce evenly over chicken. Bake uncovered 1 1/2 hours or until tender.

RECIPE FOR MODIFIED DIETS

GROUND MEAT BLAND

RECIPE NUMBER L-157 (Mod) (1)

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

181 293

GRAMS

PROTEIN 26.91

CARBOHYDRATE 13.06

FAT 14.40

mg

CALCIUM 28.13

PHOSPHORUS 226.69

IRON 1.66

SODIUM 575.77

POTASSIUM 431.09

MAGNESIUM 9.54

PINEAPPLE CHICKEN				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Margarine Flour, wheat, general purpose	4 oz	1/2 cup 1 tbsp	113 9	1. Make roux with margarine and flour in saucepan.
Starch, edible, modified		2 tbsp	20	2. Make a starch slurry with a small amount of pineapple juice.
Juice, pineapple, canned	14 oz	1 3/4 cup	397	3. Add remaining pineapple juice, chicken broth, vinegar, brown sugar, soy sauce, cinnamon, MSG and nutmeg to roux. 4. Heat to simmering. Simmer two minutes. 5. Add starch slurry, heat to boiling.
Chicken, broth, canned	14 oz	1 3/4 cup	397	
Vinegar, cider	2 oz	1/4 cup	57	
Sugar, brown	1 1/2 oz	1/4 cup	42	
Soy Sauce		1 1/3 tbsp	21	
Cinnamon, ground		2 tsp	5	
Monosodium glutamate (optional)		1 tsp	4	
Nutmeg, ground		1/2 tsp	1	
Chicken, cooked, ground 3/16"	1 lb 14 oz		851	6. Add cooked, ground chicken. 7. Heat to 160°F. 8. Portion in 6 oz individual servings. 9. Garnish with paprika. 10. Serve immediately or freeze for later use.
				(CONTINUED)

RECIPE FOR MODIFIED DIETS

(CONTINUED)

RECIPE NUMBER L-157 (Mod) (2)

GROUND MEAT BLAND

NUTRITIONAL ANALYSIS OF ONE SERVING

CALORIES

182

GRAMS

PROTEIN:
CARBOHYDRATE
FAT

mg

CALCIUM
PHOSPHORUS
IRON
SODIUM
POTASSIUM
MAGNESIUM

PINEAPPLE CHICKEN				
YIELD:		EACH PORTION:		
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
<p>NOTE: Whole chicken should be steamed or baked, covered with small amount of water, to 160°F. After cooling, chicken should be ground to 3/16 inch. 4 lb 12 oz of raw chicken should yield 1 lb 14 oz cooked, ground chicken.</p>				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-157 (Mod)

THINNED STRAINED

NUTRITIONAL ANALYSIS OF ONE SERVING

255 Grams

CALORIES

183 254

GRAMS

PROTEIN 23.80

CARBOHYDRATE 17.09

FAT 9.62

mg

CALCIUM 30.04

PHOSPHORUS 195.69

IRON 1.63

SODIUM 707.25

POTASSIUM 432.89

MAGNESIUM 34.25

PINEAPPLE CHICKEN (TURKEY)				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Turkey, raw, ground, 3/16"	1 lb 10 oz		725	1. Boil ground turkey, pineapple juice, chicken broth, vinegar, brown sugar, soy sauce, MSG, and cinnamon in saucepan for 5 minutes. 2. Blend on high speed in blender for 2 minutes or until smooth.
Pineapple juice, canned	4 lb	1 quart	871	
Chicken broth, canned	1 lb 10 oz	3 cups	726	
Vinegar, cider	1 oz	2 tbsp	29	
Brown sugar	1 oz	3 tbsp	29	
Soy sauce	1/2 oz	1 tbsp	15	
Monosodium glutamate (optional)		1 tsp	3	
Cinnamon, ground		1 tsp	3	
Margarine	2 oz	1/4 cup	58	3. Make roux with margarine and flour in saucepan. 4. Add blended ingredients, stirring constantly and bring to boil.
Flour		1 tbsp	7	
Starch, edible, modified	15 oz	1 1/3 tbsp	11	5. Make starch-water slurry. 6. Add slurry to other ingredients. 7. Heat to 180°F. 8. Portion in 8 oz (1 cup) servings. 9. Serve immediately or freeze for later use.
Water, cold		2 cups	424	
NOTE: Use turkey, boneless, frozen, raw plate. NSN 8905-00-262-7274 and grind raw through 3/16 inch plate.				

RECIPE FOR MODIFIED DIETS

RENAL

RECIPE NUMBER L-157 (Mod)

EXCHANGES (List 8)
 2 Renal Meat Exchanges
 1 Renal Fruit Exchange
 (List 6)

NUTRITIONAL ANALYSIS OF ONE SERVING

135 Grams

CALORIES

256

GRAMS

PROTEIN 18.92

CARBOHYDRATE 16.77

FAT 12.69

mg

CALCIUM 23.09

PHOSPHORUS 160.64

IRON 1.24

SODIUM 48.85

POTASSIUM 357.47

MAGNESIUM 13.00

PINEAPPLE CHICKEN

YIELD: 10 Portions

EACH PORTION: 2 Ounce

Chicken and 1/3 Cup Pineapple Sauce.

PAN SIZE: 4 Quart Saucepan

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken breasts, boneless, skinless, raw	1 lb 12 oz		794	1. Saute chicken in Na/R butter until golden brown.
Butter, Na/R	4 oz	1/2 cup	113	
Pineapple, canned, crushed, drained	1 lb	2 cups	454	2. Combine drained pineapple, pineapple juice, sugar, vinegar, and spices. Mix well and add to chicken.
Pineapple juice, canned	1 lb	2 cups	454	
Sugar, granulated		2 tsp	10	
Vinegar	1 oz	2 tbsp	28	3. Heat to simmering while stirring. Cover and simmer 35 to 40 minutes.
Cinnamon, ground		1/2 tsp		
Cloves, ground		1/8 tsp		
Ginger, ground		1 tsp		4. Remove chicken and cut into 10 - 2 oz (60 gram) portions
Starch, edible, modified		1 tbsp	9	5. Add starch to water to make a slurry. Add to pineapple mixture, stirring constantly. Simmer 3 minutes or until thickened.
Water		1/2 cup		6. Pour 1/3 cup sauce over each 2 oz portion of meat.
				7. Garnish with a marachino cherry.
NOTE: One - 20 oz can of crushed pineapple contains approximately 170 grams (3/4 cup) of pineapple juice.				

CLINICAL DIET APPLICATION

RECIPE NUMBER L-158 (Mod)

THE MODIFIED RECIPE FOR SAVORY BAKED CHICKEN MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFPS Recipe Savory Baked Chicken, L-158 for Regular Diet.
Omit black pepper and Worcestershire sauce in Step 2.

WHEN SALT IS PERMITTED

USE CAL/R BLAND SAVORY BAKED CHICKEN.

CALORIE EXCHANGE:

1 oz (30 grams) cooked chicken = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked chicken = 1 calorie exchange meat fat control.

GROUND MEAT:

Chicken and Wine

THINNED STRAINED:

Chicken and Gravy

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND SAVORY BAKED CHICKEN.

SODIUM EXCHANGE:

1 oz (30 grams) cooked chicken = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked chicken = 1 sodium calorie exchange meat.

RENAL DIET:

DIRECTIONS FOR FREEZING

Cal/R Bland and Na-Cal/R Bland - Portion Chicken in individual container. Cover, label, and freeze.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER L-158 (Mod)

EXCHANGES

3 Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

167

186

GRAMS

PROTEIN

27.88

CARBOHYDRATE

0.27

FAT

5.17

mg

CALCIUM

13.55

PHOSPHORUS

231.06

IRON

1.53

SODIUM

274.40

POTASSIUM

348.65

MAGNESIUM

0.00

SAVORY BAKED CHICKEN				
YIELD: 10 Portions			EACH PORTION: 2 Pieces	
PAN SIZE: 13 by 18-inch Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken, broiler-fryer, cut-up, thawed	4 lb 4 oz	7 Breasts (3 1/2 oz ea) 3 Keels (2 3/4 oz ea) 5 Drumsticks (3 1/2 oz ea) 5 Thighs (3 1/2 oz ea)	700 234 496 496	1. See L-New (Mod) for weights of raw chicken parts to yield cooked meat exchanges. 2. Wash chicken pieces thoroughly under cold running water. Remove skin and discard. Rinse and drain well. 3. Place chicken in roasting pan.
Celery salt Garlic salt Soy sauce	1 oz	1 tsp 1 tsp 2 tbsp	28	4. Combine celery salt, garlic salt and soy sauce; mix well. Pour evenly over chicken. 5. Bake 1 1/4 hours or until chicken is tender. Do not cover.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-158 (Mod)

NA-CAL/R BLAND

EXCHANGES

3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

169

187

GRAMS

PROTEIN

27.91

CARBOHYDRATE

0.82

FAT

5.20

mg

CALCIUM

16.66

PHOSPHORUS

231.86

IRON

1.58

SODIUM

70.34

POTASSIUM

362.64

MAGNESIUM

2.28

SAVORY BAKED CHICKEN				
YIELD: 10 Portions			EACH PORTION: 2 Pieces	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Chicken, broiler-fryer, cut-up, thawed	4 lb 4 oz	7 Breasts (3 1/2 oz ea) 3 Keels (2 3/4 oz ea) 5 Drumsticks (3 1/2 oz ea) 5 Thighs (3 1/2 oz ea)	700 234 496 496	1. See L-New (Mod) for weights of Raw chicken parts to yield cooked meat exchanges. 2. Wash chicken pieces thoroughly under cold running water. Remove skin and discard. Rinse and drain well. 3. Place chicken in roasting pan.
Onions, dry, chopped Peppers, sweet, green, chopped	1 3/4 oz 1 3/4 oz	1/3 cup 1/3 cup	50 50	4. Stir cook (using non-stick vegetable spray in saucepan) onions and green pepper. Cook slowly until tender. Sprinkle evenly over chicken.
Tarragon Paprika, canned Garlic, dehydrated Rosemary, whole		1 tsp 1 tsp 1/8 tsp 1 tsp		5. Mix tarragon, paprika and garlic together. Sprinkle over chicken. 6. Bake 1 1/4 hours or until tender. Do not cover.

RECIPE FOR MODIFIED DIETS

GROUND MEAT BLAND

RECIPE NUMBER _____

(Adapted from WRAMC Production Guide)

CHICKEN AND WINE				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, cold Soup and Gravy Base, Chicken flavor Sugar, granulated Bay leaves, ground Salad oil Starch, edible, modified	1 oz	2 3/4 cups 3 tbsp 1 tbsp pinch 1/3 cup 3 2/3 tbsp	28 14 75 33	1. Combine water, Soup and Gravy base, sugar, bay leaves, salad oil, and starch. 2. Bring to a simmer while stirring.
Chicken, cooked, finely ground Mushrooms, canned, stems and pieces, drained Sherry flavoring	2 lb 2 2/3 oz	1/2 cup 1/2 cup	907 76	3. Add chicken, mushrooms, and sherry flavoring. Mix well, and heat to simmering. 4. Portion in 6 oz servings. 5. Serve immediately or freeze for later use.
NOTE: 5 lb 14 oz raw whole chicken will yield 2 lb cooked ground chicken.				

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

258

188

GRAMS

PROTEIN 28.54

CARBOHYDRATE 5.13

FAT 12.93

mg

CALCIUM 19.48

PHOSPHORUS 243.98

IRON 1.59

SODIUM 548.16

POTASSIUM 362.41

MAGNESIUM 28.49

RECIPE FOR MODIFIED DIETS

THINNED STRAINED

RECIPE NUMBER Walter Reed

Production Guide (Modification)

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams

CALORIES

241

GRAMS

14.24

CARBOHYDRATE 3.93

FAT 18.53

mg

CALCIUM 152.90

PHOSPHORUS 146.82

IRON 1.44

SODIUM 596.76

POTASSIUM 239.10

MAGNESIUM 22.46

CHICKEN AND GRAVY				
YIELD: 10 Portions (2 1/2 Quarts)			EACH PORTION: 1 Cup	
PAN SIZE: 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Salad oil	4 oz	1/2 cup	113	1. Combine all ingredients in kettle. Stir well to evenly distribute. Heat to 180°F stirring constantly. 2. Add water, if necessary, to five yield.
Soup and Gravy Base, Chicken flavor	1 oz		28	
Celery seed, ground		1 tsp		
Sage, ground		1 tsp		
Milk, nonfat dry	2 oz	7 tbsp	57	
Water		6 1/2 cups		
Starch, edible, modified	1 1/2 oz	4 2/3 tbsp	42	
Pepper, ground		1 tsp		
Lemon Juice		1 tbsp	14	
Chicken, Puree, canned	30 oz	2-15 oz cans	851	

CLINICAL DIET APPLICATION

RECIPE NUMBER L-161 (Mod)

THE MODIFIED RECIPE FOR ROAST TURKEY MAY BE USED IN THE FOLLOWING DIETS

BLAND DIET: Use AFRS Recipe Roast Turkey, L-161 or 162 for Regular Diet.

WHEN SALT IS PERMITTED

USE NA-CAL/R BLAND ROAST TURKEY.

CALORIE EXCHANGE:

1 oz (30 grams) cooked turkey = 1 calorie exchange meat.

CALORIE EXCHANGE MEAT FAT CONTROL:

1 oz (30 grams) cooked turkey = 1 calorie exchange meat fat control.

GROUND MEAT:

THINNED STRAINED:

WHEN SALT IS NOT PERMITTED

USE NA-CAL/R BLAND ROAST TURKEY.

SODIUM EXCHANGE:

1 oz (30 grams) cooked turkey = 1 sodium exchange meat.

SODIUM CALORIE EXCHANGE:

1 oz (30 grams) cooked turkey = 1 sodium calorie exchange meat.

RENAL DIET:

NA-CAL/R BLAND ROAST TURKEY MAY BE USED IN RENAL DIET.

DIRECTIONS FOR FREEZING

Na-Cal/R Bland Roast Turkey - Portion turkey in individual container. Cover with 3 oz Turkey Gravy, O-16 (Mod) Variation 1, Turkey Gravy, Cal/R or Na-Cal/P Bland. Cover, label and freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-161 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

3 Cal/R Meat Exchanges or
3 Na-Cal/R Meat Exchanges

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

161 237

GRAMS

PROTEIN 24.30

CARBOHYDRATE 0.00

FAT 14.76

mg

CALCIUM 11.70

PHOSPHORUS 211.50

IRON 1.62

SODIUM 79.20

POTASSIUM 297.00

MAGNESIUM 25.20

ROAST TURKEY				
YIELD: 10 Portions			EACH PORTION: 3 oz Meat	
PAN SIZE:		TEMPERATURE: 325°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Turkey, ready-to-cook, thawed	12 lb		5443	<ol style="list-style-type: none">1. Remove bands from legs; open turkey cavity. Remove giblets and neck; cut off wing tips.2. Wash turkey thoroughly inside and out under cold running water. Drain well.3. Tuck legs and tail into cavity. Place in roasting pan, breast side up.4. Insert meat thermometer in center of inside thigh muscle.5. Roast uncovered until meat thermometer registers 170°F. (4 to 5 hours)6. For best results in slicing, allow to stand 30 minutes.
NOTE: 1. Turkey, boneless, raw, can be used for Cal/R Bland diets. 2. All boneless frozen turkey (raw or cooked) as used by military, contains salt.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER _____

GROUND MEAT BLAND

Adapted from WRAMC Production Guide

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

360

GRAMS

PROTEIN 34.99

CARBOHYDRATE 4.70

FAT 21.43

mg

CALCIUM 29.73

PHOSPHORUS 305.34

IRON 5.17

SODIUM 693.28

POTASSIUM 459.79

MAGNESIUM 113.84

BEEF AND MUSHROOMS				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	2 lb 12 oz		1247	1. Cook beef in its own fat until it loses its pink color, stirring to break apart. Drain or skim off excess fat.
Water and/or broth	2 lb	2 cups		2. Add water, tomato paste, soup and gravy base, salt, sugar, caramel color and marjoram. Heat to simmering.
Tomato paste	1 1/2 oz	2 3/4 tbsp	43	
Soup and Gravy Base, Beef flavor		2 tbsp	20	
Salt		1 tsp	6	
Sugar		1 tsp	5	
Caramel color, powdered		1/2 tsp	1	
Marjoram, whole		1 1/2 tsp	0.9	
Starch, edible, modified		2 tbsp	18	3. Blend starch and flour together and add to water to make a slurry. Add to meat while stirring. Heat to simmering.
Flour, wheat, general purpose		1 1/3 tbsp	9	
Water, cold	6 oz	3/4 cup	170	
Mushrooms, canned, drained, finely chopped	8 oz	1 1/2 cups	227	4. Add mushrooms and blend well. 5. Portion in 6 oz servings. 6. Serve immediately or freeze for later use.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Adapted from WRAMC

GROUND MEAT BLAND

Production Guide

BEEF BURGUNDY				
YIELD: 10 Portions			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed	2 lb 12 oz		1247	1. Cook beef in its own fat until it loses its pink color, stirring to break apart. Drain or skim off excess fat. Set aside for use in Step 4.
Water	1 lb	2 cups	454	2. Combine water, tomato paste, soup and gravy base, sugar, salt, celery and margarine. Heat to simmering; simmer 2 minutes.
Tomato paste	2 oz	1/4 cup	56	
Soup and Gravy base, beef flavor		1 2/3 tbsp	18	
Sugar, granulated		1 1/3 tbsp	18	
Salt		2 tsp	12	
Celery, ground		1 tsp	1	
Margarine	1/4	1/4 cup	56	
Flour, wheat, general purpose		1 tbsp	7	3. Blend flour and starch together and add to water to make a slurry. Add to sauce mixture while stirring. Heat to boiling.
Starch, edible, modified		2 2/3 tbsp	24	
Water, cold	8 oz	1 cup	227	
Burgundy flavoring	2 oz	1/4 cup	56	
				4. Add cooked meat and burgundy flavoring; blend well.
				5. Portion in 6 oz servings with #6 scoop.
				6. Serve immediately or freeze for later use.

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

310

GRAMS

PROTEIN

25.12

CARBOHYDRATE

6.00

FAT

20.03

mg

CALCIUM

24.17

PHOSPHORUS

214.13

IRON

3.37

SODIUM

932.94

POTASSIUM

344.11

MAGNESIUM

26.30

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Adapted from WRAMC

Production Guide

THINNED STRAINED

EXCHANGES

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams

CALORIES

334

194

GRAMS

PROTEIN

17.63

CARBOHYDRATE

16.31

FAT

22.21

CALCIUM

63.41

PHOSPHORUS

179.50

IRON

2.99

SODIUM

899.02

POTASSIUM

472.40

MAGNESIUM

34.53

BEEF BURGUNDY

YIELD: 10 Portions

EACH PORTION: 1 Cup

PAN SIZE: Gallon Blender
7 Quart Saucepan

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beef, ground, thawed Water Tomato paste Burgundy Flavoring Onion powder Worcestershire sauce Soup and gravy base, beef flavor Sugar, brown Garlic, dehydrated Celery, ground Margarine	1 lb 4 oz 3 lb 5 oz	7 cups 1 1/2 cup 1 1/2 cup 1 1/2 cup 1 1/4 cup 3 tbsp 1 2/3 tbsp 3/4 tsp 3/4 tsp 2/3 cup	567 1588 200 142 60 56 28 18 3 1 150	1. Combine ground beef, water, tomato paste, burgundy flavor, onion powder, worcestershire sauce, soup base, brown sugar, garlic, celery and margarine. Bring to a boil while stirring, and simmer 5 minutes. 2. Place in blender and blend on high speed 2 minutes or until smooth.
Flour, wheat, general purpose Starch, edible, modified Water, cold	 8 oz	2 2/3 tbsp 3 tbsp 1 cup	25 25 227	3. Blend flour and starch together and add water to make a slurry. 4. Add to meat mixture while stirring. Heat to simmering. 5. Portion into 8 oz portions. 6. Serve immediately or freeze.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER L-82 (Mod)

GROUND MEAT, BLAND

(Adapted from WRAMC Production Guide)

SWEET AND SOUR PORK				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pork Loin, Boneless	5 lb 14 oz		2665	1. Trim excess fat. Grind. 2. Cook pork in its own juices until it loses its pink color, stirring to break apart. Drain broth and save for Step 4.
Pineapple, canned, crushed, drained Vinegar	6 1/2 oz	3/4 cup 2/3 cup	187 150	3. Combine drained pineapple and vinegar in blender. Blend for 20 seconds.
Water and pork juices Sugar, brown Soy sauce Salt	4 oz	1 3/4 cup 2/3 cup 1 1/3 tbsp 1 1/2 tsp	113 19 9	4. Combine water and pork juices, sugar, soy sauce, salt, with pineapple and vinegar mixture.
Starch, edible, modified	1 oz	3 tbsp	28	5. Add starch and blend well. Heat to simmering while stirring. 6. Add pork from Step 2. Add water if necessary to give yield.
Pineapple tidbits, canned, drained	1 1/2 oz	1/4 cup	43	7. Portion in 6 oz servings; garnish with pineapple tidbits. 8. Serve immediately or freeze.

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

301

GRAMS

PROTEIN 26.66

CARBOHYDRATE 18.73

FAT 12.83

mg

CALCIUM 26.70

PHOSPHORUS 283.65

IRON 3.81

SODIUM 558.34

POTASSIUM 407.29

MAGNESIUM 40.68

RECIPE FOR MODIFIED DIETS

THINNED STRAINED

RECIPE NUMBER L-82 (Mod.)

(Adapted from WRAMC Production Guide)

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams

CALORIES

256

GRAMS

PROTEIN 11.93

CARBOHYDRATE 20.54

FAT 14.29

mg

CALCIUM 78.62

PHOSPHORUS 88.34

IRON 1.69

SODIUM 255.84

POTASSIUM 257.64

MAGNESIUM 22.70

SWEET AND SOUR PORK				
YIELD: 10 Portions (2 1/2 Quarts)			EACH PORTION: 1 Cup	
PAN SIZE: 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Pineapple, crushed, drained		1 cup	250	1. Place crushed pineapple in blender and blend until smooth.
Salad oil		1/3 cup	75	2. Combine all ingredients in kettle. Stir well to evenly distribute. Heat to 180° F stirring constantly.
Sugar, brown		3/4 cup	150	
Water		4 1/4 cup		
Vinegar		3/4 cup		
Starch, edible, modified	1 oz	3 tbsp	25	3. Add water if necessary, to give yield.
Soy Sauce		2 tbsp	28	
Garlic, dehydrated		3/4 tsp		
Pork, puree, strained	30 oz	2 - 15 oz cans	851	

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER _____

THINNED STRAINED

(Adapted from WRAMC Production Guide)

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams

CALORIES

188

PROTEIN

15.63

CARBOHYDRATE

15.17

FAT

7.41

GRAMS

mg

CALCIUM

58.20

PHOSPHORUS

147.40

IRON

2.42

SODIUM

781.05

POTASSIUM

544.11

MAGNESIUM

43.09

PORK AND BEANS				
YIELD: 10 Portions			EACH PORTION: 1 Cup	
PAN SIZE: <small>Gallon Blender</small> 7 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beans, white, canned in tomato sauce with pork Water Starch, edible, modified	1 lb	1 3/4 cup 1 quart 1 tbsp	454 7	1. Combine beans, water and starch in blender. Blend to liquify.
Tomato paste, canned Salt Onion powder Paprika Sugar, granulated Pepper, white Mace, ground Nutmeg, ground Cinnamon, ground Cloves, ground Coriander, ground Cardamon, ground	8 oz 1 oz	1 cup 1 1/2 tbsp 1 tbsp 2 tsp 1/2 tsp 1/8 tsp 1/8 tsp 1/8 tsp 1/8 tsp 1/8 tsp 1/8 tsp 1/8 tsp	227 28 10 5 2	2. Place in sauce pan and add tomato paste and all seasonings. 3. Bring to boil while stirring.
Pork, puree, canned	30 oz	2 can	850	4. Add pork puree; mix well and heat to simmering.
DIRECTIONS FOR FREEZING:	Place 8 oz (227 grams) in individual containers. Cover, label and freeze.			

SALADS, DRESSINGS, RELISH
RECIPE INDEX

AFRS Recipe	Cal/R Bland	Page	Na-Cal/R Bland	Page	Renal	Page
M-1 Apple, Celery and Pineapple Salad	M-1 (Mod)	201	M-1 (Mod)	202	- - -	
M-3 Cabbage, Apple and Celery Salad	M-3 (Mod)	203	M-3 (Mod)	204	- - -	
M-4 Frijole Salad	M-4 (Mod)	205	M-4 (Mod)	206	- - -	
M-9 Cole Slaw with Creamy Dressing	M-9 (Mod)	207	M-9 (Mod)	208	M-8 (Mod)	209
M-13 Cottage Cheese and Peach Salad	M-13 (Mod)	210	M-13 (Mod)	212	M-13 (Mod)	214
Cottage Cheese and Apricot Salad	M-13 (Mod)	210	M-13 (Mod)	212		
Variation 1	Var. 1		Var. 1			
Cottage Cheese and Pear Salad	M-13 (Mod)	210	M-13 (Mod)	212	M-13 (Mod)	214
Variation 2	Var. 2		Var. 2		Var. 2	
Cottage Cheese and Pineapple Salad	M-13 (Mod)	210	M-13 (Mod)	212	M-13 (Mod)	214
Variation 3	Var. 3		Var. 3		Var. 3	
M-14 Cottage Cheese and Tomato Salad	M-14 (Mod)	216	M-14 (Mod)	217	- - -	
M-16 Cucumber and Yogurt Salad	M-16 (Mod)	218	M-16 (Mod)	219	- - -	
M-17 Fruit Salad	M-17 (Mod)	220	M-17 (Mod)	220	- - -	
M-18 Garden Cottage Cheese Salad	M-18 (Mod)	221	M-18 (Mod)	222	- - -	
M-20 Golden Glow Salad	M-20 (Mod)	223	M-20 (Mod)	223	- - -	
M-21 Grapefruit and Orange Salad	M-21 (Mod)	224	M-21 (Mod)	224	M-21 (Mod)	225
M-22 Jellied Banana Salad	M-22 (Mod)	226	M-22 (Mod)	226	- - -	
M-23 Jellied Cranberry and Orange Salad	M-23 (Mod)	227	M-23 (Mod)	227	- - -	

**SALADS, DRESSINGS, RELISH
RECIPE INDEX**

	AFRS Recipe	Cal/R Bland		Na-Cal/R Bland		Renal	
			Page		Page		Page
	M-25 Jellied Fruit Salad	M-25 (Mod)	228	M-25 (Mod)	228	- - -	
	M-27 German Cole Slaw	M-27 (Mod)	229	M-27 (Mod)	230	- - -	
	M-28 Jellied Spiced Peach Salad	M-28 (Mod)	231	M-28 (Mod)	231	- - -	
	M-30 Jellied Pineapple and Cottage Cheese Salad	M-30 (Mod)	232	M-30 (Mod)	233	- - -	
	M-33 Lettuce and Tomato Salad	M-33 (Mod)	234	M-33 (Mod)	234	M-33 (Mod)	235
	M-35 Mixed Fruit Salad	M-35 (Mod)	236	M-35 (Mod)	236	- - -	
	M-36 Perfection Salad	M-36 (Mod)	239	M-36 (Mod)	239	- - -	
661	M-37 Pickled Beet and Onion Salad	M-37 (Mod)	240	M-37 (Mod)	241	M-37 (Mod)	242
	M-40 Potato Salad	M-40 (Mod)	243	M-40 (Mod)	244	M-40 (Mod)	245
	M-44 Spring Salad	M-44 (Mod)	246	M-44 (Mod)	246	M-44 (Mod)	247
	M-45 Three Bean Salad	M-45 (Mod)	248	M-45 (Mod)	249	M-45 (Mod)	250
	M-46 Tossed Lettuce, Cucumber and Tomato	M-467 (Mod)	251	M-46 (Mod)	251	Two Bean Salad - - -	

**SALADS, DRESSINGS, RELISH
RECIPE INDEX**

AFRS Recipe	Cal/R Bland	Page	Na-Cal/R Bland	Page	Renal	Page
M-47 Tossed Green Salad	M-47 (Mod)	252	M-47 (Mod)	252	M-47 (Mod)	253
M-49 Vegetable Salad	M-49 (Mod)	254	M-49 (Mod)	255	M-49 (Mod)	256
M-53 German Style Tomato Salad	M-53 (Mod)	257	M-53 (Mod)	258	- - -	
M-58 French Dressing	M-58 (Mod)	259	M-58 (Mod)	260	- - -	
M-63 Cooked Salad Dressing	M-63 (Mod)	261	M-63 (Mod)	262	- - -	
M-68 Low Calorie Salad Dressing	M-68 (Mod)	263	M-68 (Mod)	264	- - -	
M-75 Cranberry Orange Relish	M-75 (Mod)	265	M-68 (Mod)	265	- - -	

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

RECIPE NUMBER M-1 (Mod)

EXCHANGES

1 Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

125 Grams +
19 Grams Lettuce

CALORIES

201 58

GRAMS

PROTEIN 2.25

CARBOHYDRATE 12.01

FAT 0.60

mg

CALCIUM 42.58

PHOSPHORUS 44.37

IRON 0.47

SODIUM 55.49

POTASSIUM 171.51

MAGNESIUM 16.09

APPLE, CELERY AND PINEAPPLE SALAD				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Salad Dressing, Low Calorie Salad Dressing	7 1/3 oz	1 cup	210	1. Prepare Low Calorie Salad Dressing recipe, M-68 (Mod).
				2. Trim, wash, and prepare salad vegetables and fruits as directed on Recipe Card M-G-1.
Apples, fresh, eating, cored, unpared, diced, 1/2 inch	14 oz	5 medium 2" diameter	400	3. Combine salad dressing and apples.
Pineapple, canned, chunks or tidbits, unsweetened, drained	14 oz	2 1/2 cups	400	4. Add pineapple and celery to apple mixture; mix lightly.
Celery, fresh, diced, 1/2 inch	2 1/2 oz	2/3 cup	71	
Lettuce, fresh, trimmed	approx 7 oz	10 leaves	198	5. Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture. Cover; refrigerate until ready to serve.

NA-CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

RECIPE NUMBER M-1 (Mod)

EXCHANGES

1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

125 Grams +
19 Grams Lettuce

CALORIES

58

GRAMS

PROTEIN 2.25

CARBOHYDRATE 12.01

FAT 0.60

mg

CALCIUM 42.58

PHOSPHORUS 44.37

IRON 0.47

SODIUM 23.90

POTASSIUM 171.51

MAGNESIUM 16.09

APPLE, CELERY AND PINEAPPLE SALAD

YIELD: 10 Portions (5 Cups)

EACH PORTION: 1/2 Cup

PAN SIZE:

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Salad Dressing, Na/R Low Calorie Salad Dressing	7 1/3 oz	1 cup	210	1. Prepare Na/R Low Calorie Salad Dressing recipe, M-68 (Mod).
				2. Trim, wash, and prepare salad vegetables and fruits as directed on Recipe Card M-G-1.
Apples, fresh, eating, cored, unpared, diced, 1/2 inch	14 oz	5 medium 2" diameter	400	3. Combine salad dressing and apples.
Pineapple, canned, chunks or tidbits, unsweetened, drained	14 oz	2 1/2 cups	400	4. Add pineapple and celery to apple mixture; mix lightly.
Celery, fresh, diced, 1/2 inch	2 1/2 oz	2/3 cup	71	
Lettuce, fresh, trimmed	approx 7 oz	10 leaves	198	5. Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture. Cover; refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER M-3 (Mod)

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

80 Grams

CALORIES

203

34

GRAMS

PROTEIN 2.36

CARBOHYDRATE 5.80

FAT 0.46

mg

CALCIUM 47.36

PHOSPHORUS 44.71

IRON 0.98

SODIUM 62.29

POTASSIUM 157.04

MAGNESIUM 15.21

CABBAGE, APPLE AND CELERY SALAD				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Salad Dressing, Low Calorie Salad Dressing	7 1/3 oz	1 cup	210	1. Prepare Low Calorie Salad Dressing recipe, M-68 (Mod).
				2. Trim, wash, and prepare salad vegetables and fruit as directed on Recipe Card M-G-1.
Apples, fresh, eating, unpared, cored, diced 1/2 inch	5 2/3 oz	2 apples	160	3. Add apples to salad dressing; stir to coat well.
Cabbage, fresh, shredded Celery, fresh, diced 1/4 inch	10 1/2 oz 5 1/3 oz	2 cups 1 cup	300 150	4. Combine apple mixture, cabbage, and celery. 5. Cover; refrigerate to chill; keep refrigerated until ready to serve.
NOTE: 6 2/3 oz (189 grams) Apples, AP will yield 5 2/3 oz (160 grams) EP in Step 3.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

RECIPE NUMBER M-3 (Mod)

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

80 Grams

CALORIES

34

GRAMS

PROTEIN 2.36

CARBOHYDRATE 5.80

FAT 0.46

mg

CALCIUM 47.36

PHOSPHORUS 44.71

IRON 0.98

SODIUM 30.61

POTASSIUM 157.04

MAGNESIUM 15.21

CABBAGE, APPLE AND CELERY SALAD				
YIELD: 10 Portions (6 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Salad Dressing, Na/R Low Calorie Salad Dressing	7 1/3 oz	1 cup	210	1. Prepare Na-R Low Calorie Salad Dressing recipe, M-68 (Mod).
				2. Trim, wash, and prepare vegetables and fruits as directed on Recipe Card M-G-1.
Apples, fresh, eating, cored, unpared, diced 1/2 inch	5 2/3 oz	2 apples	160	3. Add apples to salad dressing; stir to coat well.
Cabbage, fresh, shredded Celery, fresh, diced 1/4 inch	10 1/2 oz. 5 1/3 oz	2 cups 1 cup	300 150	4. Combine apple mixture, cabbage, and celery. 5. Cover; refrigerate to chill; keep refrigerated until ready to serve.
NOTE: 6 2/3 oz (189 grams) apples, AP will yield 5 2/3 oz (160 grams) EP in Step 3.				

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER M-4 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

75 Grams

CALORIES

24

GRAMS

PROTEIN 1.37

CARBOHYDRATE 4.99

FAT 0.16

mg

CALCIUM	18.52
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PHOSPHORUS 29.79

IRON 0.85

SODIUM 18.69

POTASSIUM 147.54

MAGNESIUM 4.86

FRIJOLE SALAD				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Kidney beans, canned	4 1/4 oz	2/3 cup	120	2. Drain beans; rinse well. Set aside for use in Step 4.
French Dressing, Cal/R Bland	4 oz	1/2 cup	113	3. Prepare 1/2 recipe for French Dressing, Cal/R Bland, Recipe No. M-58 (Mod).
Cabbage, fresh, shredded	5 1/3 oz	1 cup	150	4. Just before serving, combine french dressing and kidney beans.
Cucumbers, fresh, pared, sliced	1 3/4 oz	1/2 cup	50	
Tomatoes, fresh, diced	3 1/2 oz	2/3 cup	100	5. Toss with cucumbers, tomatoes, and lettuce.
Lettuce, shredded, packed	8 oz	2 cups	227	

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-4 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

75 Grams

CALORIES

24

GRAMS

PROTEIN 1.37

CARBOHYDRATE 4.98

FAT 0.16

mg

CALCIUM 18.52

PHOSPHORUS 29.79

IRON 0.85

SODIUM 4.34

POTASSIUM 147.54

MAGNESIUM 4.86

FRIJOLE SALAD				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Kidney beans, canned	4 1/4 oz	2/3 cup	120	2. Drain beans; rinse well. Set aside for use in Step 4.
French Dressing, Na-Cal/R Bland	4 oz	1/2 cup	113	3. Prepare 1/2 recipe for French Dressing, Na-Cal/R Bland, Recipe No. M-58 (Mod).
Cabbage, fresh, shredded	5 1/3 oz	1 cup	150	4. Just before serving, combine french dressing and kidney beans. 5. Toss with cucumbers, tomatoes and lettuce.
Cucumbers, fresh, pared sliced	1 3/4 oz	1/2 cup	50	
Tomatoes, fresh, diced	3 1/2 oz	2/3 cup	100	
Lettuce, shredded, packed	8 oz	2 cups	227	

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-9 (Mod)

CAL/R BLAND

(Contains Yogurt - May Not Be Allowed on Lactose Restricted Diet)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

207

34

GRAMS

PROTEIN

2.16

CARBOHYDRATE

6.81

FAT

0.15

mg

CALCIUM

73.97

PHOSPHORUS

54.99

IRON

1.25

SODIUM

138.92

POTASSIUM

167.05

MAGNESIUM

6.88

COLE SLAW WITH CREAMY DRESSING				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare cabbage as directed on Recipe Card M-G-1.
Yogurt, plain, low fat	8 2/3 oz	1 cup	250	2. Combine yogurt, vinegar, salt, mustard, and sweetener. Mix to blend well.
Vinegar		1/2 cup		
Salt		1/2 tsp	3	
Mustard, prepared		1 tbsp	14	
Sweetener, low calorie		4 tsp (16 packets)	16	
Cabbage, fresh, finely shredded	1 lb 2 oz	7 3/4 cups	510	3. Pour dressing over cabbage; toss lightly until well mixed.
				4. Cover; refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-9 (Mod)

NA-CAL/R BLAND

(Contains Yogurt - May Not Be Allowed on Lactose Restricted Diet)

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

34

GRAMS

PROTEIN

2.16

CARBOHYDRATE

6.81

FAT

0.15

mg

CALCIUM

73.21

PHOSPHORUS

54.81

IRON

1.25

SODIUM

22.64

POTASSIUM

167.04

MAGNESIUM

6.53

COLE SLAW WITH CREAMY DRESSING

YIELD: 10 Portions (5 Cups)

EACH PORTION: 1/2 Cup

PAN SIZE:

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare cabbage as directed on Recipe Card M-G-1.
Yogurt, plain, low fat Vinegar Sweetener, low calorie	8 2/3 oz	1 cup 1/2 cup 4 tsp (16 packets)	250 16	2. Combine yogurt, vinegar, and sweetener. Mix to blend well.
Cabbage, fresh, finely shredded	1 lb 2 oz	7 3/4 cups	510	3. Pour dressing over cabbage; toss lightly until well mixed. 4. Cover; refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-8 (Mod)

RENAL DIET

EXCHANGES

Renal Vegetable Exchange
List II

NUTRITIONAL ANALYSIS OF ONE SERVING

165 Grams

CALORIES

217

GRAMS

PROTEIN 1.56

CARBOHYDRATE 29.64

FAT 11.54

mg

CALCIUM 57.74

PHOSPHORUS 38.42

IRON 2.91

SODIUM 8.69

POTASSIUM 245.24

MAGNESIUM 4.31

COLE SLAW				
YIELD: 10 Portions (10 Cups)			EACH PORTION: 1 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare cabbage as directed on Recipe Card M-G-1.
Cabbage, fresh, finely shredded	2 lb 10 1/3 oz	4 1/2 qt	1200	2. Chill cabbage in covered container until crisp.
Sugar, granulated	8 oz	1 cup	227	3. Combine sugar, oil, vinegar, and celery seed.
Salad oil	4 oz	1/2 cup	113	
Vinegar	4 oz	1/2 cup	113	4. Pour over cabbage; mix well.
Celery seed		3/4 tsp		
Paprika, (optional)		Pinch		5. Cover; refrigerate until ready to serve. Sprinkle lightly with paprika to garnish just before serving.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

RECIPE NUMBER M-13 (Mod)

EXCHANGES

1 Cal/R Meat Exchange
1 Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams Fruit;
45 Grams Cottage Cheese and
1 Lettuce Leaf

CALORIES

210
67

GRAMS

PROTEIN 8.42
CARBOHYDRATE 8.03
FAT 0.26

mg

CALCIUM 56.36
PHOSPHORUS 94.47
IRON 0.78
SODIUM 136.45
POTASSIUM 184.43
MAGNESIUM 8.49

COTTAGE CHEESE AND PEACH SALAD

YIELD: 10 Portions

EACH PORTION: 1/4 Cup

Cottage Cheese
and 2 Peach Halves

PAN SIZE:

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare lettuce as directed on Recipe Card M-G-1.
Lettuce, fresh, trimmed Peaches, canned, halves, unsweetened, drained	Approx 7 oz 2 lb 3 1/4 oz	10 leaves 20 halves	198 1000	2. Place 1 lettuce leaf on each serving dish; add peach halves, hollow side up.
Cottage cheese Paprika, ground (optional)	1 lb	2 1/2 cups 1/8 tsp	454	3. Place 2 tbsp cottage cheese in each peach half. 4. Garnish with paprika. Cover; refrigerate until ready to serve.
VARIATIONS				
1. COTTAGE CHEESE AND APRICOT SALAD: Follow Step 1. In Step 2, use 2 lb 3 1/4 oz (1000 grams) (40 halves) Apricots, canned, halves, unsweetened, drained. Place 4 apricot halves on each lettuce leaf. Follow Steps 3 and 4.				
2. COTTAGE CHEESE AND PEAR SALAD: Follow Step 1. In Step 2, use 2 lb 3 1/4 oz (20 halves) 1000 grams, Pears, canned, halves, unsweetened, drained. Place 2 pear halves on each lettuce leaf. Follow Steps 3 and 4.				
3. COTTAGE CHEESE AND PINEAPPLE SALAD: Follow Step 1. In Step 2, use 1 lb 12 1/4 oz (20 slices) 800 grams, Pineapple, canned, slices, unsweetened, drained. Place 2 pineapple slices on each lettuce leaf. Follow Steps 3 and 4.				

CAL/R BLAND

M-13 (Mod) Variations

Variation 1.

COTTAGE CHEESE AND
APRICOT SALAD

EXCHANGES

1 Cal/R Meat Exchange
1 Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams Apricot, 45 Grams
Cottage Cheese, 1 Lettuce Leaf

CALORIES

69

Variation 2.

COTTAGE CHEESE AND
PEAR SALAD

EXCHANGES

1 Cal/R Meat Exchange
1 Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams Pear, 45 Grams
Cottage Cheese, 1 Lettuce Leaf

CALORIES

72

Variation 3.

COTTAGE CHEESE AND
PINEAPPLE SALAD

EXCHANGES

1 Cal/R Meat Exchange
1 Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

80 Grams Pineapple, 45 Grams
Cottage Cheese, 1 Lettuce Leaf

CALORIES

104

211

GRAMS

PROTEIN	8.69
CARBOHYDRATE	8.23
FAT	0.34

mg

CALCIUM	62.36
PHOSPHORUS	97.47
IRON	1.00
SODIUM	136.45
POTASSIUM	274.43
MAGNESIUM	10.49

GRAMS

PROTEIN	8.17
CARBOHYDRATE	9.68
FAT	0.23

mg

CALCIUM	58.36
PHOSPHORUS	91.47
IRON	0.67
SODIUM	136.45
POTASSIUM	135.43
MAGNESIUM	7.49

GRAMS

PROTEIN	8.19
CARBOHYDRATE	17.97
FAT	0.25

mg

CALCIUM	56.45
PHOSPHORUS	91.26
IRON	0.62
SODIUM	134.77
POTASSIUM	165.48
MAGNESIUM	15.21

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER M-13 (Mod)

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Na-Cal/R Meat Exchange
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams Peaches
45 Grams Cottage Cheese and
1 Lettuce Leaf

CALORIES

212 59 **GRAMS**

PROTEIN 7.84

CARBOHYDRATE 7.90

FAT 0.49

CALCIUM 34.05

PHOSPHORUS 76.97

IRON 0.49

SODIUM 16.31

POTASSIUM 165.57

MAGNESIUM 9.65

COTTAGE CHEESE AND PEACH SALAD				
YIELD: 10 Portions			EACH PORTION: 1/4 Cup Cottage Cheese and 2 Peach Halves	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare lettuce as directed on Recipe Card M-G-1.
Lettuce, fresh, trimmed Peaches, canned, halves, unsweetened, drained	Approx 7 oz 2 lb 3 1/4 oz	10 leaves 20 halves	198 1000	2. Place 1 lettuce leaf on each serving dish; add peach halves, hollow side up.
Cottage Cheese, Na/R Paprika, ground (optional)	1 lb	2 1/2 cups 1/8 tsp	454	3. Place 2 tbsp cottage cheese in each peach half. 4. Garnish with paprika. Cover and refrigerate until ready to serve.
VARIATIONS				
1. COTTAGE CHEESE AND APRICOT SALAD: Follow Step 1. In Step 2, use 2 lb 3 1/4 oz (1000 grams) (40 halves) Apricots, canned, halves, unsweetened, drained. Place 4 apricot halves on each lettuce leaf. Follow Steps 3 and 4.				
2. COTTAGE CHEESE AND PEAR SALAD: Follow Step 1. In Step 2, use 2 lb 3 1/4 oz (1000 grams) (20 halves) Pears, canned, halves, unsweetened, drained. Place 2 pear halves on each lettuce leaf. Follow Steps 3 and 4.				
3. COTTAGE CHEESE AND PINEAPPLE SALAD: Follow Step 1. In Step 2, use 1 lb 12 1/4 oz (800 grams) (20 slices) Pineapple, canned, slices, unsweetened, drained. Place 2 pineapple slices on each lettuce leaf. Follow Steps 3 and 4.				

NA-CAL/R BLAND

M-13 (Mod) Variations

Variation 1.

COTTAGE CHEESE AND
APRICOT SALAD

EXCHANGES

1 Na-Cal/R Meat Exchange
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams Apricot, 45 Grams
Cottage Cheese, 1 Lettuce Leaf

CALORIES

61

	GRAMS
PROTEIN	8.11
CARBOHYDRATE	8.10
FAT	0.57

	mg
CALCIUM	40.05
PHOSPHORUS	79.97
IRON	0.71
SODIUM	16.31
POTASSIUM	255.57
MAGNESIUM	11.65

Variation 2.

COTTAGE CHEESE AND
PEAR SALAD

EXCHANGES

1 Na-Cal/R Meat Exchange
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams Pear, 45 Grams
Cottage Cheese, 1 Lettuce Leaf

CALORIES

64

	GRAMS
PROTEIN	7.59
CARBOHYDRATE	9.55
FAT	0.46

	mg
CALCIUM	36.05
PHOSPHORUS	73.97
IRON	0.38
SODIUM	16.31
POTASSIUM	116.57
MAGNESIUM	8.65

Variation 3.

COTTAGE CHEESE AND
PINEAPPLE SALAD

EXCHANGES

1 Na-Cal/R Meat Exchange
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

80 Grams Pineapple, 45 Grams
Cottage Cheese, 1 Lettuce Leaf

CALORIES

66

	GRAMS
PROTEIN	7.34
CARBOHYDRATE	9.96
FAT	0.51

	mg
CALCIUM	41.65
PHOSPHORUS	70.97
IRON	0.41
SODIUM	14.11
POTASSIUM	145.77
MAGNESIUM	11.05

RECIPE FOR MODIFIED DIETS

RENAL

RECIPE NUMBER M-13 (Mod)

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Renal Fruit Exchange
(List 6)

1 Renal Meat Exchange (List 8)

NUTRITIONAL ANALYSIS OF ONE SERVING

70 Grams Peaches
60 Grams Cottage Cheese

CALORIES

97

GRAMS

PROTEIN 7.75

CARBOHYDRATE 15.56

FAT 0.68

mg

CALCIUM 38.70

PHOSPHORUS 88.10

IRON 0.27

SODIUM 33.00

POTASSIUM 115.30

MAGNESIUM 6.50

COTTAGE CHEESE AND PEACH SALAD				
YIELD: 10 Portions			EACH PORTION: 1/3 Cup Canned Peaches and 1/4 Cup Na/R Cottage Cheese	
PAN SIZE:		TEMPERATURE:		
INGRÉDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Peaches, canned, slices, drained	1 lb 8 2/3 oz	3 1/3 cups	700	1. Place 70 grams peach slices in each serving dish.
Cottage cheese, Na/R Paprika, ground (optional)	1 lb 5 1/2 oz	2 1/2 cups 1/8 tsp	600	2. Top with 60 grams cottage cheese. 3. Garnish with paprika. Cover; refrigerate until ready to serve.
VARIATIONS				
1. COTTAGE CHEESE AND APRICOT SALAD: Not permitted.				
2. COTTAGE CHEESE AND PEAR SALAD: In Step 1, use 2 lb 3 1/4 oz (1000 grams) Pears, canned, halves, drained. Place 1/2 cup (100 grams) pear halves on each serving plate. Follow Steps 2 and 3.				
3. COTTAGE CHEESE AND PINEAPPLE SALAD: In Step 1, use 2 lb 10 1/3 oz (1200 grams) Pineapple, canned, drained. Place 1/2 cup (120 grams) on each serving plate. Follow Steps 2 and 3.				

RENAL**M-13 (Mod) Variations**

Variation 2.
COTTAGE CHEESE AND
PEAR SALAD
EXCHANGES

1 Renal Fruit Exchange (List 6)
1 Renal Meat Exchange (List 8)

**NUTRITIONAL ANALYSIS
OF ONE SERVING**

100 Grams Pears
60 Grams Cottage Cheese

CALORIES

117

GRAMS

PROTEIN	7.63
CARBOHYDRATE	20.80
FAT	0.74

mg

CALCIUM	41.60
PHOSPHORUS	87.40
IRON	0.30
SODIUM	33.00
POTASSIUM	116.60
MAGNESIUM	7.00

Variation 3.
COTTAGE CHEESE AND
PINEAPPLE SALAD

EXCHANGES

1 Renal Fruit Exchange (List 6)
1 Renal Meat Exchange (List 8)

**NUTRITIONAL ANALYSIS
OF ONE SERVING**

120 Grams Pineapple
60 Grams Cottage Cheese

CALORIES

137

GRAMS

PROTEIN	7.87
CARBOHYDRATE	25.87
FAT	0.74

mg

CALCIUM	53.40
PHOSPHORUS	88.80
IRON	0.58
SODIUM	33.00
POTASSIUM	208.80
MAGNESIUM	22.20

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER M-14 (Mod)

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Cal/R Meat Exchange
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams Tomato
45 Grams Cottage Cheese and
1 Lettuce Leaf

CALORIES

73

GRAMS

PROTEIN 7.45

CARBOHYDRATE 6.59

FAT 2.13

mg

CALCIUM 42.95

PHOSPHORUS 91.32

IRON 0.68

SODIUM 204.53

POTASSIUM 245.93

MAGNESIUM 13.31

COTTAGE CHEESE AND TOMATO SALAD

YIELD: 10 Portions

EACH PORTION: 1 Tomato and
1/4 Cup Cottage Cheese on
Lettuce Leaf

PAN SIZE:

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim and wash vegetables as directed on Recipe Card M-G-1.
Tomatoes, fresh	2 lb 8 oz AP	10 tomatoes	1134	2. Cut each tomato into 8 wedges; set aside for use in Step 4.
Lettuce, fresh, trimmed Cottage Cheese, low fat	Approx. 7 oz 1 lb	10 leaves 2 1/2 cups	198 454	3. Place 1 lettuce leaf on each serving dish. 4. Arrange 8 tomato wedges (100 grams) on lettuce leaf. 5. Place 1/4 cup (1-No. 16 scoop) cottage cheese in center of lettuce leaf.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-14 (Mod)

NA-CAL/R ELAND

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Na-Cal/R Meat Exchange

1 Na-Cal/R Vegetable

Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams Tomato

45 Grams Cottage Cheese and

CALORIES 1 Lettuce Leaf

73

GRAMS

PROTEIN 7.45

CARBOHYDRATE 6.59

FAT 2.13

mg

CALCIUM 42.95

PHOSPHORUS 91.32

IRON 0.68

SODIUM 27.9

POTASSIUM 245.93

MAGNESIUM 13.31

COTTAGE CHEESE AND TOMATO SALAD

YIELD: 10 Portions

EACH PORTION: 1 Tomato and
1/4 Cup Cottage Cheese on
Lettuce Leaf

PAN SIZE:

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim and wash vegetables as directed on Recipe Card M- G-1.
Tomatoes, fresh	2 lb 8 oz AP	10 tomatoes	1134	2. Cut each tomato into 8 wedges; set aside for use in Step 4.
Lettuce, fresh, trimmed	Approx. 7 oz	10 leaves	198	3. Place 1 lettuce leaf on each serving dish.
Cottage Cheese, Na/R	1 lb	2 1/2 cups	454	4. Arrange 8 tomato wedges (100 grams) on lettuce leaf.
				5. Place 1/4 cup (1-No. 16 scoop) cottage cheese in center of lettuce leaf.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-16 (Mod)

CAL/R BLAND

(Contains Yogurt - May Not Be Allowed on Lactose Restricted Diet)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

75 Grams

CALORIES

23

218

GRAMS

PROTEIN 1.21

CARBOHYDRATE 3.11

FAT 0.89

mg

CALCIUM 39.89

PHOSPHORUS 28.56

IRON 0.42

SODIUM 127.87

POTASSIUM 111.80

MAGNESIUM 12.45

CUCUMBER AND YOGURT SALAD				
YIELD: 10 Portions (4 Cups)			EACH PORTION: 1/3 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare cucumbers as directed on Recipe Card M-G-1.
Cucumbers, fresh, unpared	1 lb 2 oz		510	2. Slice cucumbers paper-thin. Use slicing machine, if possible.
Yogurt, plain, low fat	8 oz	8 oz container	227	3. Combine cucumbers, onions, yogurt, celery seed, dill weed, chives and salt.
Onions, dry, chopped		2 tbsp	19	4. Cover, refrigerate until chilled and flavors are blended.
Celery seed		1 tsp		
Dill weed		1 tsp		
Chives, freeze dried		1 tsp		
Salt		1/2 tsp	3	
NOTES: 1. In Step 2, 1 lb 5 oz cucumbers AP, will yield 1 lb 2 oz (510) grams sliced unpared cucumbers.				
2. If cucumbers are waxed, peel in Step 2.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-16 (Mod)

NA-CAL/R BLAND

(Contains Yogurt - May Not Be Allowed on Lactose Restricted Diet)

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

75 Grams

CALORIES

219 23

GRAMS

PROTEIN 1.21

CARBOHYDRATE 3.11

FAT 0.89

mg

CALCIUM 39.13

PHOSPHORUS 28.38

IRON 0.42

SODIUM 11.60

POTASSIUM 111.80

MAGNESIUM 12.10

CUCUMBER AND YOGURT SALAD				
YIELD: 10 Portions (4 Cups)			EACH PORTION: 1/3 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare cucumbers as directed on Recipe Card M-G-1.
Cucumbers, fresh, unpared	1 lb 2 oz		510	2. Slice cucumbers paper-thin. Use slicing machine, if possible.
Yogurt, plain, low fat	8 oz	8 oz container	227	3. Combine cucumbers, onions, yogurt, celery seed, dill weed and chives.
Onions, dry, chopped		2 tbsp	19	4. Cover, refrigerate until chilled and flavors are blended.
Celery seed		1 tsp		
Dill weed		1 tsp		
Chives, freeze dried		1 tsp		
NOTES: 1. In Step 2, 1 lb 5 oz cucumbers AP, will yield 1 lb 2 oz (510 grams) sliced unpared cucumbers.				
2. If cucumbers are waxed, peel in Step 2.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-17 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND
(Contains Yogurt - May Not Be Allowed on Lactose Restricted Diet)

EXCHANGES

1 Cal/R Fruit Exchange or
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

95 Grams

CALORIES

50

GRAMS

PROTEIN

1.63

CARBOHYDRATE

10.87

FAT

0.46

mg

CALCIUM

55.84

PHOSPHORUS

42.13

IRON

0.22

SODIUM

16.84

POTASSIUM

189.72

MAGNESIUM

13.92

FRUIT SALAD				
YIELD: 10 Portions (4 1/2 Cups)			EACH PORTION: ^{Scant} 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad fruits and lettuce as directed on Recipe Card M-G-1.
Oranges, fresh, peeled	7 oz	1 cup	200	2. Quarter and cut oranges into 1/2 inch pieces. Remove all seeds.
Pineapple, canned, chunks or tidbits, unsweetened, drained	7 oz	1 1/4 cup	200	3. Combine oranges, pineapple, grapefruit and bananas. Mix gently.
Grapefruit sections, fresh	7 oz	1 cup	200	
Bananas, fresh, peeled, sliced	4 1/4 oz	1 small	120	
Yogurt, plain, low fat	8 oz	8 oz container	227	4. Mix yogurt and sweetener. 5. Fold yogurt into fruit mixture. Cover, refrigerate until ready to serve.
Sweetener, Low Calorie		3 packets (3/4 tsp)	3	

CAL/R BLAND
(Not Allowed on Lactose Restricted Diets)

RECIPE NUMBER M-18 (Mod)

(Not Allowed on Lactose Restricted Diets)

1 Cal/R Meat Exchange

75 Grams

CALORIES

44

NUTRITIONAL ANALYSIS OF ONE SERVING

221

GRAMS

PROTEIN 6.25

CARBOHYDRATE 2.65

FAT 0.87

mg

CALCIUM 46.94

PHOSPHORUS 76.58

IRON 0.29

SODIUM 194.04

POTASSIUM 103.96

MAGNESIUM 8.48

GARDEN COTTAGE CHEESE SALAD				
YIELD: 10 Portions			EACH PORTION: 1/3 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Cucumbers, fresh, unpared, finely diced	2 1/2 oz	1/2 cup	70	2. Combine vegetables; toss lightly.
Radishes, fresh, chopped	1 1/3 oz	1/4 cup	38	3. Mix with cottage cheese and yogurt. Blend well.
Onions, green, finely chopped	1 1/4 oz	1/4 cup	36	
Peppers, sweet, fresh, finely chopped	1 1/4 oz	1/4 cup	36	
Celery, fresh, diced	1 1/4 oz	1/4 cup	36	
Cottage cheese, low fat	1 lb	2 1/2 cups	454	
Yogurt, plain, low fat	4 oz	1/3 cup	113	

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-18 (Mod)

NA-CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Na-Cal/R Meat Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

75 Grams

CALORIES

44

222

GRAMS

PROTEIN 6.25

CARBOHYDRATE 2.65

FAT 0.87

mg

CALCIUM 46.94

PHOSPHORUS 76.58

IRON 0.29

SODIUM 34.68

POTASSIUM 103.96

MAGNESIUM 8.48

GARDEN COTTAGE CHEESE SALAD				
YIELD: 10 Portions			EACH PORTION: 1/3 cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Cucumbers, fresh, unpared, finely diced	2 1/2 oz	1/2 cup	70	1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1. 2. Combine vegetables; toss lightly. 3. Mix with cottage cheese and yogurt. Blend well.
Radishes, fresh, chopped	1 1/3 oz	1/4 cup	38	
Onions, green, finely chopped	1 1/4 oz	1/4 cup	36	
Peppers, sweet, fresh, finely chopped	1 1/4 oz	1/4 cup	36	
Celery, fresh, diced	1 1/4 oz	1/4 cup	36	
Cottage cheese, Na/R	1 lb	2 1/2 cups	454	
Yogurt, plain, low fat	4 oz	1/3 cup	113	

RECIPE FOR MODIFIED DIETS

CAL/R BLAND AND NA-CAL/R BLAND

RECIPE NUMBER M-20 (Mod)

EXCHANGES

1 Cal/R Fruit Exchange and
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

240 Grams and
1 Lettuce Leaf

CALORIES

223

42

GRAMS

PROTEIN 2.50

CARBOHYDRATE 8.63

FAT 0.11

mg

CALCIUM 26.30

PHOSPHORUS 13.64

IRON 0.50

SODIUM 21.11

POTASSIUM 133.05

MAGNESIUM 18.26

GOLDEN GLOW SALAD				
YIELD: 10 Portions (9 Cups)			EACH PORTION: 1 Slice cut 2 1/3" x 3"	
PAN SIZE: 6" x 12" x 2 1/2" Steamtable Pan (1/3 Size)				
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Water, boiling Dessert powder, gelatin, lemon, low calorie		2 1/2 cups 2 2/3 tbsp (2 1/2 pkt)	23	2. Add gelatin to boiling water; stir until dissolved.
Water, cold Vinegar		2 1/2 cups 1 tbsp		3. Add cold water and vinegar; mix well. 4. Pour into 1/3 steam table pan; chill until slightly thickened.
Carrots, fresh, finely diced or grated Pineapple, canned, crushed, unsweetened, well drained.	4 oz 1 lb 8 oz	1 cup 3 cups (2 No. 303 cn)	113 675	5. Combine carrots and pineapple. Add mixture to gelatin. Stir to distribute evenly. 6. Chill until firm. Cut 2 by 5.
Lettuce, fresh, trimmed	approx. 7 oz	10 leaves	198	7. Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-21 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

1 Cal/R Fruit Exchange

1 Na-Cal/R Fruit Exchange ^{or}

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams Fruit and
1 Lettuce Leaf

CALORIES

47

GRAMS

PROTEIN

0.78

CARBOHYDRATE

11.87

FAT

0.17

mg

CALCIUM

34.81

PHOSPHORUS

26.08

IRON

0.29

SODIUM

2.24

POTASSIUM

215.24

MAGNESIUM

13.85

GRAPEFRUIT AND ORANGE SALAD				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad fruits and lettuce as directed on Recipe Card M-G-1.
Grapefruit, fresh, peeled, sectioned	1 lb 1 2/3 oz	2 1/2 cup	500	2. Place 1 lettuce leaf on each serving dish. Add 50 grams each of orange and grapefruit sections. 3. Cover; refrigerate until ready to serve.
Oranges, fresh, peeled, sectioned	1 lb 1 2/3 oz	2 1/2 cup	500	
Lettuce, fresh, trimmed	7 oz	10 leaves	196	
NOTE: 1. In Step 2, 2 lb 1 3/4 oz (960 grams) grapefruit, A.P. will yield 1 lb 1 2/3 oz (500 grams) Grapefruit Sections. 1 lb 8 3/4 oz Oranges, A.P. will yield 1 lb 1 2/3 oz (500 grams) Orange Sections. 2. In Step 2, cut off a thin slice from the top and bottom of each grapefruit and orange; place on cutting board. Start at the top and cut toward the board to remove skin and white membranes. Cut along each side of each dividing membrane from outside to middle of core. Remove section by section.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-21 (Mod)

RENAL

EXCHANGES

1 Renal Fruit Exchange
List 7

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

39
225

GRAMS

PROTEIN 0.53

CARBOHYDRATE^{10.10}

FAT 0.13

mg

CÁLCIUM 26.20

PHOSPHORUS 18.30

IRON. 0.17

SODIUM 0.65

POTASSIUM 167.40

MAGNESIUM 10.40

GRAPEFRUIT AND ORANGE SALAD				
YIELD: 10 Portions		EACH PORTION: 40 grams orange sections and 50 grams grapefruit sections		
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Oranges, sectioned, seeded, peeled, drained	14 oz	2 1/8 cups (2 1/2 orange)	400	1. Place 40 grams orange section and 50 grams grapefruit sections on each serving plate. 2. Cover, refrigerate until ready to serve.
Grapefruit, sectioned, seeded, peeled, drained	1 lb 1 3/4 oz	2 1/2 cups (2 1/2 grapefruit)	500	

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-22 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

1 Cal/R Fruit Exchange or
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

59

226

GRAMS

PROTEIN 2.66

CARBOHYDRATE 13.32

FAT 0.12

mg

CALCIUM 12.18

PHOSPHORUS 10.26

IRON 0.12

SODIUM 8.33

POTASSIUM 245.88

MAGNESIUM 20.10

JELLIED BANANA SALAD				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 1 Slice Cut 2 1/3" x 3"	
PAN SIZE: 6" x 12" x 2 1/2" Steamtable Pan (1/3 Size)				
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash and prepare bananas and lettuce as directed on Recipe Card M-G-1.
Water, boiling Dessert powder, gelatin, fruit flavor, low calorie Water, cold		2 1/2 cups 2 2/3 tbsp (2 1/2 pkt) 2 1/2 cups	23	2. Add gelatin to boiling water; stir until dissolved. 3. Add cold water; mix well. 4. Pour gelatin mixture into pan; chill until slightly thickened.
Bananas, fresh, peeled, sliced	1 lb 5 1/2 oz	4 1/2 cups	600	5. Add sliced bananas to gelatin. Stir to distribute evenly. 6. Chill until firm. Cut 2 by 5.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND AND NA-CAL/R BLAND

RECIPE NUMBER M-23 (Mod)

EXCHANGES

Free Calorie Exchange and
Free Na-Cal Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

156 Grams

CALORIES

22

GRAMS

PROTEIN 2.21

CARBOHYDRATE 3.37

FAT 0.15

mg

CALCIUM 19.31

PHOSPHORUS 5.16

IRON 0.21

SODIUM 14.43

POTASSIUM 58.25

MAGNESIUM 8.63

JELLIED CRANBERRY AND ORANGE SALAD

YIELD: 10 Portions (1 3/4 Quarts)

EACH PORTION: 1 Slice

(Cut 2 1/3" x 3")

PAN SIZE: 6" x 12" x 2 1/2" Steamtable Pan (1/3 Size)

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad fruits and vegetables as directed on Recipe Card M-G-1.
Water, boiling Dessert powder, gelatin, orange, low calorie Water, cold		2 1/2 cups 2 2/3 tbsp (2 1/2 pkt) 2 1/2 cups	23	2. Add gelatin to boiling water; stir until dissolved. 3. Add cold water; mix well. 4. Pour gelatin mixture into pan; chill until slightly thickened.
Cranberries, fresh Orange, fresh, AP Celery, fresh, finely diced (optional)	6 oz 3 1/2 oz 3 oz	1 3/4 cups 1 orange 2/3 cup	170 100 85	5. Grind cranberries. Set aside for use in Step 7. 6. Quarter orange; remove seeds. Do not peel. Grind orange. 7. Combine cranberries, ground orange and celery. Mix well. Add to gelatin; stir to distribute evenly. 8. Chill until firm. Cut 2 by 5.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND and NA-CAL/R BLAND

RECIPE NUMBER M-25 (Mod)

EXCHANGES

1 Cal/R Fruit Exchange

or

1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

199 Grams

CALORIES

49

GRAMS

PROTEIN 2.51

CARBOHYDRATE 10.40

FAT 0.25

mg

CALCIUM 15.70

PHOSPHORUS 10.45

IRON 0.31

SODIUM 8.44

POTASSIUM 176.08

MAGNESIUM 10.99

JELLIED FRUIT SALAD

YIELD: 10 Portions (2 Quarts)

EACH PORTION: 1 Slice

(Cut 2 1/3" x 3")

PAN SIZE: 6" x 12" x 2 1/2" Steamtable Pan (1/3 Size)

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare bananas and apples as directed on Recipe Card M-G-1.
Water, boiling Dessert powder, gelatin, orange, low calorie Water, cold		2 1/2 cups 2 2/3 tbsp (2 1/2 pkt) 2 1/2 cups	23	2. Add gelatin to boiling water and stir until dissolved. 3. Add cold water; mix well. 4. Pour gelatin mixture into pan; chill until slightly thickened.
Apricots, canned, unsweetened, drained Apples, fresh, eating unpared, diced Bananas, fresh, thinly sliced	11 1/2 oz 9 1/3 oz 7 oz	13 halves 2 cups 1 1/2 cups	333 266 200	5. Add fruit to gelatin mixture; stir to distribute evenly. 6. Chill until firm. Cut 2 by 5.
NOTE: Weight and measure of each fruit is the equivalent of 3 1/3 Cal/R Fruit Exchanges.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-27 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

71 Grams

CALORIES

17

GRAMS

PROTEIN 0.81

CARBOHYDRATE 3.92

FAT 0.15

mg

CALCIUM 29.73

PHOSPHORUS 19.59

IRON 1.34

SODIUM 121.15

POTASSIUM 119.00

MAGNESIUM 3.06

GERMAN COLE SLAW				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe Card M-G-1.
Cabbage, fresh, finely shredded (loose pack)	1 lb 2 oz	7 3/4 cups	510	2. Blanch cabbage in boiling water for 1 to 2 minutes. Drain well. Cool.
Water, boiling		To Cover		
Onions, dry, chopped	2 2/3 oz	1/2 cup	75	3. Add onions and peppers to cooled cabbage; toss lightly.
Peppers, fresh, sweet, chopped	2 2/3 oz	1/2 cup	75	
Vinegar	2 oz	1/4 cup	56	4. Combine vinegar, salt, sweetener, and celery seed. Pour over cabbage; mix well.
Salt		1/2 tsp	3	
Sweetener, Low Calorie		1/4 tsp	1	
Celery seed		(1 pkt)		
		1/2 tsp		
Pimientos, canned, chopped		1 tbsp		5. Garnish with pimientos. Cover; refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-27 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

71 Grams

CALORIES

18

GRAMS

PROTEIN 0.89

CARBOHYDRATE 4.19

FAT 0.16

mg

CALCIUM 28.28

PHOSPHORUS 20.82

IRON 1.37

SODIUM 5.49

POTASSIUM 131.76

MAGNESIUM 3.23

GERMAN COLE SLAW				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Cabbage, fresh, finely shredded, loose pack Water, boiling	1 lb 2 oz	7 3/4 cups To Cover	510	2. Blanch cabbage in boiling water for 1 to 2 minutes. Drain well. Cool.
Onions, dry, chopped Peppers, fresh, sweet, chopped	2 2/3 oz 2 2/3 oz	1/2 cup 1/2 cup	75 75	3. Add onions and peppers to cooled cabbage; toss lightly.
Vinegar Sweetener, Low Calorie Celery seed	2 oz	1/4 cup 1/4 tsp (1pkt) 1/2 tsp	56 1	4. Combine vinegar, sweetener, and celery seed. Pour over cabbage; mix well.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-28 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

Variation 2.

EXCHANGES

1 Cal/R Fruit Exchange or
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

190 Grams

CALORIES

32

GRAMS

PROTEIN 2.44

CARBOHYDRATE 6.20

FAT 0.08

mg

CALCIUM 13.92

PHOSPHORUS 10.19

IRON 0.37

SODIUM 9.69

POTASSIUM 102.66

MAGNESIUM 5.93

JELLIED SPICED PEACH SALAD				
YIELD: 10 Portions (2 1/2 Quarts)			EACH PORTION: 1 Slice (Cut 2 1/3" x 3")	
PAN SIZE: 6" x 12" x 2 1/2" Steamtable Pan (1/3 Size)				
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare lettuce as directed on Recipe Card, M-G-1.
Peaches, unsweetened, quarters or slices, canned, drained Water, boiling Cinnamom, ground Nutmeg, ground Cloves, ground	2 lb 3 oz	5 cups 2 1/2 cups 1/2 tsp 1/8 tsp 1/8 tsp	1000	2. Combine peaches with boiling water, cinnamon, nutmeg and cloves. 3. Heat to boiling; reduce heat; simmer 5 minutes. Remove from heat.
Dessert powder, gelatin, cherry, low calorie Water, cold		2 2/3 tbsp (2 1/2 pkt) 2 1/2 cups	23	4. Dissolve gelatin in hot peach mixture. 5. Add cold water; mix well. 6. Pour into pan, chill until slightly thickened. Stir. 7. Chill until firm. Cut 2 by 5.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-30 (Mod)

CAL/R BLAND
(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Cal/R Meat Exchange
and

1 Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

229 Grams and
1 Lettuce Leaf

CALORIES

72

GRAMS

PROTEIN

8.03

CARBOHYDRATE

9.46

FAT

0.56

mg

CALCIUM

51.73

PHOSPHORUS

70.78

IRON

0.41

SODIUM

193.18

POTASSIUM

143.70

MAGNESIUM

11.42

JELLIED PINEAPPLE AND COTTAGE CHEESE

YIELD: 10 Portions (2 1/2 Quarts)

EACH PORTION: 1 Cup
(Cut 2 1/3" x 3")

PAN SIZE: 6" x 12" x 2 1/2" Steamtable Pan (1/3 Size)

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash and prepare lettuce as directed on Recipe Card M-G-1.
Water, boiling Dessert powder, gelatin, fruit flavor, low calorie Water, cold		2 1/2 cups 2 2/3 tbsp (2 1/2 pkt) 2 1/2 cups	23	2. Add gelatin to boiling water; stir until dissolved. 3. Add cold water; mix well. 4. Pour gelatin mixture into pan; chill until slightly thickened.
Pineapple, canned, crushed, unsweetened, drained Cottage cheese	1 lb 10 1/2 oz 1 lb	3 1/3 cups 2 1/2 cups	750 454	5. Add pineapple to gelatin; fold in cottage cheese. DO NOT OVERMIX. 6. Chill until firm. Cut 2 by 5.
Lettuce, fresh, trimmed	Approx. 7 oz	10 leaves	198	7. Serve on lettuce cup.

RECIPE NUMBER
 M-30 (Mod)

NA-CAL/R BLAND
 (Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Na-Cal/R Meat Exchange
 and

1 Na-Cal/R Fruit Exchange
**NUTRITIONAL ANALYSIS
 OF ONE SERVING**

229 Grams and
 1 Lettuce Leaf

CALORIES

72

GRAMS

PROTEIN 8.03

CARBOHYDRATE 9.46

FAT 0.56

mg

CALCIUM 51.73

PHOSPHORUS 70.78

IRON 0.41

SODIUM 33.82

POTASSIUM 143.70

MAGNESIUM 11.42

JELLIED PINEAPPLE AND COTTAGE CHEESE

YIELD: 10 Portions (2 1/2 Quarts)

EACH PORTION: 1 Cup
 (Cut 2 1/3" x 3")

PAN SIZE: 6" x 12" x 2 1/2" Steamtable Pan (1/3 Size)

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash and prepare lettuce as directed on Recipe Card M-G-1.
Water, boiling Dessert powder, gelatin, fruit flavor, low calorie Water, cold		2 1/2 cups 2 2/3 tbsp (2 1/2 pkt) 2 1/2 cups	23	2. Add gelatin to boiling water; stir until dissolved. 3. Add cold water; mix well. 4. Pour gelatin mixture into pan; chill until slightly thickened.
Pineapple, canned crushed, unsweetened, drained Cottage cheese, Na/R	1 lb 10 1/2 oz 1 lb	3 1/3 cups 2 1/2 cups	750 454	5. Add pineapple to gelatin; fold in cottage cheese. DO NOT OVERMIX. 6. Chill until firm. Cut 2 by 5.
Lettuce, fresh, trimmed	Approx. 7 oz	10 leaves	198	7. Serve on lettuce cup.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-33 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

1 Cal/R Vegetable Exchange

or

1 Na-CAL/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams Tomato on
1 Lettuce Leaf

CALORIES

234 27

GRAMS

PROTEIN 2.81

CARBOHYDRATE 4.36

FAT 0.13

mg

CALCIUM 30.02

PHOSPHORUS 22.27

IRON 0.95

SODIUM 38.71

POTASSIUM 169.09

MAGNESIUM 26.14

LETTUCE AND TOMATO SALAD				
YIELD: 10 Portions			EACH PORTION: 4 Tomato Slices on 1 Lettuce Leaf	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare lettuce and tomatoes as directed on Recipe Card M-G-1.
Lettuce, fresh, trimmed	7 oz	10 leaves	198	2. Separate leaves. Place 1 lettuce leaf on each serving dish.
Tomatoes, fresh, trimmed (4 per pound A.P.)	2 lb 3 oz	10 tomatoes	1000	3. Slice each tomato into 4 slices. 4. Arrange 4 slices tomatoes on each lettuce leaf. Cover; refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-33 (Mod)

RENAL

EXCHANGES

1 Renal Vegetable I
Exchange (List 10)

NUTRITIONAL ANALYSIS OF ONE SERVING

52 Grams

CALORIES

235

9

GRAMS

PROTEIN 0.52

CARBOHYDRATE 1.97

FAT 0.08

mg

CALCIUM 7.30

PHOSPHORUS 11.78

IRON 0.28

SODIUM 2.45

POTASSIUM 82.73

MAGNESIUM 5.41

LETTUCE AND TOMATO SALAD				
YIELD: 10 Portions			EACH PORTION: 27 grams Lettuce and 25 grams Tomato	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare lettuce and tomatoes as directed on Recipe Card M-G-1.
Lettuce, fresh, trimmed shredded	9 3/4 oz	2 1/2 cup	275	2. Place 1/2 cup (27 grams) lettuce in each serving dish.
Tomatoes, fresh, trimmed (4 per pound A.P.)	9 oz	2 1/2 tomatoes	255	3. Slice each tomato into 4 slices (25 grams each). 4. Arrange 1 slice tomato on each bed of lettuce. 5. Cover; refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND AND NA-CAL/R BLAND

RECIPE NUMBER M-35 (Mod) (1)

EXCHANGES

1 Cal/R Fruit Exchange or
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

CALORIES

236

GRAMS

PROTEIN

CARBOHYDRATE

FAT

mg

CALCIUM

PHOSPHORUS

IRON

SODIUM

POTASSIUM

MAGNESIUM

MIXED FRUIT SALAD				
YIELD:10 Portions			EACH PORTION: 1/3 to 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare fruits as directed on Recipe Card M-G-1.
FRUIT: (any three)				2. Combine any three fruits; cover; refrigerate.
Bananas, small, fresh, peeled, sliced	7 oz	1 1/2 cups	200	
Apples, fresh, peeled, cored, diced in 1/2 inch cubes	9 1/3 oz	2 cups	266	
Apricots, unsweetened, canned, drained	11 3/4 oz	13 halves	333	
Cantaloupe, fresh, peeled, diced in 1 inch cubes	1 lb 7 1/2 oz	approx 3/4 cantaloupe	666	
Grapes, fresh, cut in half, seeded	8 3/4 oz	40 grapes (1 2/3 cups)	250	
Grapefruit, fresh, peeled, sectioned	11 3/4 oz	1 2/3 cup	333	
Oranges, fresh, peeled, sectioned	11 3/4 oz	1 2/3 cup	333	
Peaches, unsweetened, canned, quarters, or slices, drained	11 3/4 oz	1 2/3 cup	333	
Pears, unsweetened, canned, quarters, or slices, drained	11 3/4 oz	1 2/3 cup	333	
Pineapple, unsweetened, canned, chunks or tidbits, drained	9 1/2 oz	1 2/3 cup	267	
(CONTINUED)				

RECIPE FOR MODIFIED DIETS

(CONTINUED)

RECIPE NUMBER M-35 (Mod) (2)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

NUTRITIONAL ANALYSIS
OF ONE SERVING

CALORIES

237

GRAMS

PROTEIN
CARBOHYDRATE
FAT

mg

CALCIUM
PHOSPHORUS
IRON
SODIUM
POTASSIUM
MAGNESIUM

MIXED FRUIT SALAD				
YIELD:			EACH PORTION:	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Lettuce, fresh, trimmed	Approx. 7 oz	10 leaves	198	3. Place 1 lettuce leaf on serving dish; arrange fruit on lettuce. Cover; refrigerate until ready to serve.
NOTE: Weight and measure of each fruit is the equivalent of 3 1/3 Cal/R Fruit Exchange.				

MIXED FRUIT SALAD

M-35 (Mod)

BANANA, ORANGE AND
GRAPEFRUIT SALAD

EXCHANGES

1 Cal|R Fruit Exchange or
1 Na-Cal|R Fruit Exchange

**NUTRITIONAL ANALYSIS
OF ONE SERVING**

106 Grams

CALORIES

49

GRAMS

PROTEIN 0.80
CARBOHYDRATE 12.54
FAT 0.16

mg

CALCIUM 25.17
PHOSPHORUS 22.86
IRON 0.26
SODIUM 2.58
POTASSIUM 233.73
MAGNESIUM 16.48

APPLE, PEACH AND
PINEAPPLE SALAD

EXCHANGES

1 Cal|R Fruit Exchange or
1 Na-Cal|R Fruit Exchange

**NUTRITIONAL ANALYSIS
OF ONE SERVING**

106 Grams

CALORIES

36

GRAMS

PROTEIN 0.46
CARBOHYDRATE 9.16
FAT 0.15

mg

CALCIUM 9.82
PHOSPHORUS 13.46
IRON 0.37
SODIUM 3.04
POTASSIUM 116.18
MAGNESIUM 7.62

APRICOT, GRAPE AND
PEAR SALAD

EXCHANGES

1 Cal|R Fruit Exchange or
1 Na-Cal|R Fruit Exchange

**NUTRITIONAL ANALYSIS
OF ONE SERVING**

111 Grams

CALORIES

38

GRAMS

PROTEIN 0.63
CARBOHYDRATE 9.58
FAT 0.15

mg

CALCIUM 11.35
PHOSPHORUS 17.80
IRON 0.46
SODIUM 4.25
POTASSIUM 150.36
MAGNESIUM 7.54

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-36 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

1 Cal/R Vegetable Exchange

or

1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams Salad on
1 Lettuce Leaf

CALORIES

239 26

GRAMS

PROTEIN 1.36

CARBOHYDRATE 5.39

FAT 0.26

mg

CALCIUM 18.46

PHOSPHORUS 17.95

IRON 0.81

SODIUM 3.23

POTASSIUM 230.27

MAGNESIUM 11.89

PERFECTION SALAD				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 1 Slice (Cut 2 1/3" x 3")	
PAN SIZE: 6" x 12" x 2 1/2" Steamtable Pan (1/3 Size)				
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Water, boiling Dessert powder, gelatin, lemon, low calorie Water, cold Vinegar	1 oz	2 1/2 cups 2 2/3 tbsp (2 1/2 pkt) 2 1/2 cups 2 tbsp	23 28	2. Dissolve gelatin in boiling water. 3. Add cold water and vinegar; mix well. 4. Pour into pan; chill until slightly thickened.
Cabbage, fresh, finely shredded (loose pack) Carrots, fresh, finely chopped Celery, fresh, finely diced Peppers, sweet, fresh, finely chopped	5 oz 7 oz 2 1/2 oz 5 oz	1 cup 1 1/2 cups 1/2 cup 1 cup	142 198 71 142	5. Combine cabbage, carrots, celery, and peppers. 6. Add to gelatin and mix well. 7. Chill until firm. Cut 2 by 5.
Lettuce, fresh, trimmed	Approx. 7 oz	10 leaves	198	8. Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER M-37 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

70 Grams

CALORIES

240 36

GRAMS

PROTEIN 1.02

CARBOHYDRATE 8.56

FAT 0.09

mg

CALCIUM 18.46

PHOSPHORUS 19.28

IRON 0.68

SODIUM 215.31

POTASSIUM 170.08

MAGNESIUM 9.43

PICKLED BEET AND ONION SALAD				
YIELD: 10 Portions (1 Quart)			EACH PORTION: Scant 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beets, canned, whole or slices	2 lb (includes juice) 1 lb 4 oz (DW)	2 - No 303 cn (includes juice) 4 cups (DW)	567 (DW)	1. Drain beets; reserve juice for use in Step 2 and beets for use in Step 5. If whole beets are used, slice.
Reserved juice Vinegar Cinnamon, ground Cloves, ground	12 oz 1 oz	1 1/2 cups 2 tbsp 1 tsp 1/4 tsp	340 28	2. Combine reserved juice, vinegar, cinnamon and cloves. 3. Bring to a boil; reduce heat; simmer 10 minutes. Cool.
Sweetener, low calorie		1/2 tsp (2 pkt)	2	4. Add sweetener to sauce and mix well.
Onions, dry, thinly sliced	3 3/4 oz	1/2 cup	105	5. Pour sauce over beets and onion. Cover; refrigerate at least 3 to 4 hours before serving. Keep refrigerated until ready to serve.

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER M-37 (Mod)

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

70 Grams

CALORIES

35

241

GRAMS

PROTEIN 0.96

CARBOHYDRATE 8.40

FAT 0.09

mg

CALCIUM 15.05

PHOSPHORUS 21.55

IRON 0.85

SODIUM 56.02

POTASSIUM 159.30

MAGNESIUM 13.97

PICKLED BEET AND ONION SALAD				
YIELD: 10 Portions (1 Quart)			EACH PORTION: Scant 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beets, canned, whole or slices, Na/R	2 lb (includes juice) 1 lb 4 oz (DW)	2 - No 303 cn (includes juice) 4 cups (DW)	567 (DW)	1. Drain beets; reserve juice for use in Step 2 and beets for use in Step 5. If whole beets are used, slice.
Reserved juice Vinegar Cinnamon, ground Cloves, ground	12 oz 1 oz	1 1/2 cups 2 tbsp 1 tsp 1/4 tsp	340 28	2. Combine reserved juice, vinegar, cinnamon and cloves 3. Bring to a boil; reduce heat; simmer 10 minutes. Cool.
Sweetener, low calorie		1/2 tsp (2 pkt)	2	4. Add sweetener to sauce and mix well.
Onions, dry, thinly sliced	3 3/4 oz	1/2 cup	105	5. Pour sauce over beets and onion. Cover; refrigerate at least 3 to 4 hours before serving. Keep refrigerated until ready to serve.

RECIPE FOR MODIFIED DIETS

RENAL

RECIPE NUMBER M-37 (Mod)

EXCHANGES

1 Renal Vegetable Exchange
(List 11)

NUTRITIONAL ANALYSIS OF ONE SERVING

160 Grams

CALORIES

113

GRAMS

PROTEIN 2.04

CARBOHYDRATE 14.35

FAT 5.88

mg

CALCIUM 28.82

PHOSPHORUS 42.12

IRON 1.01

SODIUM 84.74

POTASSIUM 391.94

MAGNESIUM 32.37

PICKLED BEETS				
YIELD: 10 Portions (6 2/3 Cups)			EACH PORTION: 2/3 Cups 160 Grams	
PAN SIZE: 2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beets, canned, whole or slices, Na/R	5 lb 6 oz (includes juice) 3 lb 8 1/3 oz (DW)	5 1/3 - No 303 cn (includes juice) 6 2/3 cups (DW)	 1600 (DW)	1. Drain beets; reserve juice; use in Step 2 and beets in Step 4. If whole beets are used, slice.
Reserved juice Vinegar Salad oil Sugar, granulated Cinnamon, ground Cloves, ground	12 oz 1 oz 2 oz	1 1/2 cups 2 tbsp 1/4 cup 1 tsp 1 tsp 1/4 tsp	340 28 57 5	2. Combine reserved juice, vinegar, oil, sugar, cinnamon and cloves. 3. Bring to a boil; reduce heat; simmer 10 minutes. 4. Pour sauce over beets. Cover; refrigerate at least 3 to 4 hours before serving. Keep refrigerated until ready to serve. 5. Drain and serve without liquid.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER M-40 (Mod)

EXCHANGES

1 Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

126 Grams

CALORIES

64

GRAMS

PROTEIN

2.22

CARBOHYDRATE

12.75

FAT

0.64

mg

CALCIUM

16.03

PHOSPHORUS

46.08

IRON

0.67

SODIUM

189.63

POTASSIUM

253.67

MAGNESIUM

21.20

POTATO SALAD				
YIELD: 10 Portions (6 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe Card M-G-1.
Potatoes, white, fresh, diced 1/2-inch Water	1 lb 10 1/2 Oz	5 cups to cover	751	2. Cover potatoes with water; bring to a boil; cover. Cook until tender. 3. Drain well. Cool slightly.
Onions, dry, chopped Celery, fresh, chopped Celery seed Salt	2 2/3 oz 2 2/3 oz	1/2 cup 1/2 cup 1/2 tsp 1/2 tsp	75 75 3	4. Add onion, celery, celery seed and salt. Mix gently.
Cooked Salad Dressing, Cal/R Bland	5 1/4 oz	1 cup	220	5. Prepare recipe M-63 (Mod). Cool. Add 1 cup to potato mixture.
Parsley, fresh, chopped Paprika, ground		2 tsp 1/8 tsp		6. Garnish with parsley and paprika. 7. Cover; refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-40 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Bread
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

126 Grams

CALORIES

244

64

GRAMS

PROTEIN

2.22

CARBOHYDRATE

12.75

FAT

0.64

mg

CALCIUM

14.89

PHOSPHORUS

45.81

IRON

0.67

SODIUM

15.22

POTASSIUM

253.65

MAGNESIUM

20.66

POTATO SALAD				
YIELD: 10 Portions (6 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe Card M-G-1.
Potatoes, white, fresh diced 1/2-inch	1 lb 10 1/2 oz	5 cups	751	2. Cover potatoes with water; bring to a boil; cover. Cook until tender.
Water		to cover		3. Drain well. Cool slightly.
Onions, dry, chopped	2 2/3 oz	1/2 cup	75	4. Add onion, celery, and celery seed. Mix gently.
Celery, fresh, chopped	2 2/3 oz	1/2 cup	75	
Celery seed		1/2 tsp		
Cooked Salad Dressing, Na-Cal/R Bland	5 1/4 oz	1 cup	220	5. Prepare recipe M-63 (Mod) Cool. Add 1 cup to potato mixture.
Parsley, fresh, chopped		2 tsp		6. Garnish with parsley and paprika.
Paprika, ground		1/8 tsp		7. Cover; refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

RENAL

RECIPE NUMBER M-40 (Mod)

EXCHANGES

1 Renal Vegetable II
(List II)

NUTRITIONAL ANALYSIS OF ONE SERVING

55 Grams

CALORIES

58

GRAMS

PROTEIN 0.95

CARBOHYDRATE 7.39

FAT 2.85

mg

CALCIUM 3.00

PHOSPHORUS 21.00

IRON 0.25

SODIUM 1.03

POTASSIUM 142.92

MAGNESIUM 9.53

POTATO SALAD				
YIELD: 10 Portions (3 1/3 Cups)			EACH PORTION: 1/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh, diced, 1/2-inch Water	1 lb 1 2/3 oz	3 1/3 cup to Cover	500	1. Cover potatoes with water. Bring to a boil; cover. Cook until tender. 2. Drain well.
Celery seed Pepper, black Mustard flour Oil, salad Vinegar	1 oz 1 oz	1 tsp 1/8 tsp 1/8 tsp 2 tbsp 2 tbsp	28 28	3. Combine celery seed, pepper, mustard, oil and vinegar. 4. Add to potatoes and mix lightly. Refrigerate until ready to serve.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND AND NA-CAL/R BLAND

RECIPE NUMBER M-44 (Mod)

EXCHANGES Free Cal/R
Vegetable Exchange or
Free Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

80 Grams

CALORIES

246

15

GRAMS

PROTEIN 0.80

CARBOHYDRATE 3.42

FAT 0.12

mg

CALCIUM 15.08

PHOSPHORUS 19.04

IRON 0.47

SODIUM 5.15

POTASSIUM 146.01

MAGNESIUM 11.87

SPRING SALAD				
YIELD: 10 Portions (7 1/2 Cups)			EACH PORTION: 3/4 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Lettuce, fresh, trimmed	8 oz	5 cups	227	2. Tear prepared lettuce into large pieces.
Radishes, fresh, sliced, 1/8 - inch	1 2/3 oz	1/3 cup	47	3. Combine lettuce with radishes, cucumbers, peppers, and onions; toss lightly. 4. Cover; refrigerate for use in Step 5.
Cucumbers, fresh, pared, sliced 1/8 - inch	5 1/3 oz	1 cup	151	
Pepper, sweet, fresh, diced, 1/4 - inch	2 1/2 oz	1/2 cup	71	
Onions, green, with tops, sliced 1/4 - inch	3 oz	1 cup	85	
Tomatoes, fresh, wedges	8 oz	2 tomatoes	227	5. Add tomatoes to other salad vegetables just before serving. Toss lightly.
NOTE: Quantities of each ingredient are approximately proportionate to quantities used in the AFRS Recipe, M-44 for Regular Diets.				

RECIPE FOR MODIFIED DIETS

RENAL

RECIPE NUMBER M-44 (Mod)

EXCHANGES

1 Renal Vegetable I
Exchange (List 10)

NUTRITIONAL ANALYSIS OF ONE SERVING

60 Grams

CALORIES

247 11

GRAMS

PROTEIN 0.63

CARBOHYDRATE 2.41

FAT 0.09

mg

CALCIUM 8.71

PHOSPHORUS 11.97

IRON 0.37

SODIUM 3.36

POTASSIUM 104.07

MAGNESIUM 8.12

SPRING SALAD				
YIELD: 10 Portions			EACH PORTION: 60 Grams	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Lettuce, iceberg, trimmed Cucumbers, fresh, raw, sliced Peppers, sweet, green, raw, diced 1/4 - inch	5 oz 7 oz 5 1/4 oz	2 1/2 cups 1 3/4 cups 1 3/4 cups	142 200 150	1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1. 2. Tear prepared lettuce into large pieces. 3. Combine lettuce with cucum- bers and pepper. 4. Cover; refrigerate for use in Step 5.
Tomatoes, fresh, diced	4 1/2 oz	1 1/4 tomato	128	5. Add tomatoes to salad vegetable just before serving. Toss lightly.
NOTE: Weights and measures of vegetables are based on 2 1/2 Renal Vegetable Exchanges (List 10) for each vegetable. (A total of 10 Renal Vegetable Exchanges for recipe).				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-45 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

75 Grams

CALORIES

26

248

PROTEIN

1.48

CARBOHYDRATE

5.54

FAT

0.20

GRAMS

mg

CALCIUM

31.19

PHOSPHORUS

27.93

IRON

1.08

SODIUM

133.35

POTASSIUM

92.86

MAGNESIUM

10.56

THREE BEAN SALAD				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beans, kidney, canned, drained	3 1/2 oz	1/2 cup	100	1. Rinse kidney beans with cool water and drain again. 2. Combine beans and onions.
Beans, green, canned, drained	10 oz	2 1/2 cup	284	
Beans, wax, canned, drained	10 oz	2 1/2 cup	284	
Onions, dry, thinly sliced	2 2/3 oz	1/2 cup	75	
Vinegar	1 1/2 oz	3 tbsp	43	3. Combine vinegar, sweetener, and celery seed. Mix thoroughly. 4. Add dressing to bean mixture Blend well. 5. Cover; refrigerate at least 6 hours until flavors are well blended. Keep refrigerated until ready to serve.
Sweetener, Low Calorie		1/4 tsp (1 pkt)	1	
Celery seed		1/4 tsp		

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-45 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

75 Grams

CALORIES

25

249

GRAMS

PROTEIN

1.45

CARBOHYDRATE

5.29

FAT

0.12

mg

CALCIUM

31.19

PHOSPHORUS

27.93

IRON

1.08

SODIUM

2.31

POTASSIUM

92.86

MAGNESIUM

8.04

THREE BEAN SALAD					
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup		
PAN SIZE:		TEMPERATURE:			
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD	
Beans, kidney, canned, drained	3 1/2 oz	1/2 cup	100	1. Rinse kidney beans with cool water and drain again. 2. Combine beans and onions.	
Beans, green, canned, Na/R, drained	10 oz	2 1/2 cup	284		
Beans, wax, canned, Na/R, drained	10 oz	2 1/2 cup	284		
Onions, dry, thinly sliced	2 2/3 oz	1/2 cup	75		
Vinegar	1 1/2 oz	3 tbsp	43	3. Combine vinegar, sweetener, and celery seed. Mix thoroughly. 4. Add dressing to bean mixture. Blend well. 5. Cover; refrigerate at least 6 hours until flavors are well blended. Keep refrigerated until ready to serve.	
Sweetener, Low Calorie		1/4 tsp (1 pkt)	1		
Celery seed		1/4 tsp			
NOTE: Beans, kidney, canned, Na/R are not available. Since so few are used, the beans are rinsed and drained. They are low in sodium.					

RECIPE FOR MODIFIED DIETS

RENAL

RECIPE NUMBER M-45 (Mod)

EXCHANGES

1 Renal Vegetable I
Exchange (List 10)

NUTRITIONAL ANALYSIS OF ONE SERVING

126 Grams

CALORIES

250 68

GRAMS

PROTEIN 1.56

CARBOHYDRATE 10.29

FAT 2.94

mg

CALCIUM 53.29

PHOSPHORUS 30.16

IRON 1.71

SODIUM 2.73

POTASSIUM 121.87

MAGNESIUM 18.01

TWO BEAN SALAD				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beans, wax, canned, Na/R, drained	1 lb 3 oz	2 1/4 cups	540	1. Combine beans and onions; toss.
Beans, green, canned, Na/R, drained	1 lb 2 1/4 oz	2 1/4 cups	518	
Onions, green, thinly sliced	2 4/5 oz	1/3 cup	80	
Vinegar	2 oz	1/4 cup	57	2. Mix together vinegar, oil, sugar, celery seed, and pepper. 3. Add to bean mixture; toss. 4. Cover; refrigerate at least 6 hours until flavors are well blended. Keep refrig- erated until ready to serve.
Oil, salad	1 oz	2 tbsp	28	
Sugar, granulated	1 1/2 oz	3 tbsp	43	
Celery seed		1/4 tsp		
Pepper, black, ground		1/8 tsp		
NOTE: Weights and measures of vegetables I are based upon 4 1/2 portions of wax beans and 4 1/2 portions green beans, plus 1 portion green onions (a total of 10 Renal Vegetable Exchanges for entire recipe).				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-46 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

1 Cal/R Vegetable Exchange &
1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

109 Grams

CALORIES

20

251

GRAMS

PROTEIN

1.03

CARBOHYDRATE

4.28

FAT

0.16

mg

CALCIUM

16.44

PHOSPHORUS

23.10

IRON

0.55

SODIUM

5.04

POTASSIUM

178.36

MAGNESIUM

12.81

TOSSED LETTUCE, CUCUMBER AND TOMATO SALAD				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Lettuce, fresh, trimmed	13 oz		369	2. Tear prepared lettuce into large pieces.
Onions, green with tops, sliced 1/4-inch	1 1/2 oz	1/2 cup	43	3. Combine lettuce with onions and cucumbers; toss lightly.
Cucumbers, fresh, pared, sliced 1/8-inch	8 oz	1 1/2 cup	227	4. Cover; refrigerate for use in Step 5.
Tomatoes, fresh, wedges	1 lb	3 cups (20 wedges)	454	5. Add tomatoes to other salad vegetables just before serving. Toss lightly.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND AND NA-CAL/R BLAND

RECIPE NUMBER M-47 (Mod)

EXCHANGES

Free Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

50 Grams

CALORIES

252 9

GRAMS

PROTEIN 0.63

CARBOHYDRATE 1.78

FAT 1.78

mg

CALCIUM 25.04

PHOSPHORUS 18.43

IRON 0.54

SODIUM 5.01

POTASSIUM 110.05

MAGNESIUM 7.00

TOSSED GREEN SALAD				
YIELD: 10 portions (2 1/2 Quarts)			EACH PORTION: 1 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash and prepare salad greens as directed on Recipe Card M-G-1.
Endive, fresh, trimmed	2 1/2 oz	2 cups	113	2. Tear greens into large pieces. 3. Combine greens; toss lightly. 4. Cover; refrigerate until ready to serve.
Romaine, fresh, trimmed	3 1/4 oz	2 cups	142	
Lettuce, fresh, trimmed	10 oz	1 1/2 qt	283	

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-47 (Mod)

RENAL

EXCHANGES

1 RENAL Vegetable I
Exchange List 10

NUTRITIONAL ANALYSIS OF ONE SERVING

50 Grams

CALORIES

253

8

GRAMS

PROTEIN 0.62

CARBOHYDRATE 1.71

FAT 0.08

mg

CALCIUM 25.78

PHOSPHORUS 17.43

IRON 0.55

SODIUM 4.84

POTASSIUM 109.42

MAGNESIUM 6.71

TOSSED GREEN SALAD				
YIELD: 10 Portions (2 1/4 qt)			EACH PORTION: 3/4 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Escarole, fresh, trimmed Romaine, fresh, trimmed Lettuce, fresh, trimmed	4 1/4 oz 5 3/4 oz 7 3/4 oz	2 1/4 cups 3 cups 1 quart	120 165 220	1. Trim, wash and prepare salad greens as directed on Recipe Card M-G-1. 2. Tear greens into large pieces. 3. Combine greens; toss lightly. 4. Cover; refrigerate until ready to serve.
NOTE: Recipe is based upon 3 portions escarole, 3 portions romaine, and 4 portions iceberg lettuce.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-49 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

65 Grams

CALORIES

254

24

GRAMS

PROTEIN 1.05

CARBOHYDRATE 5.02

FAT 0.17

mg

CALCIUM 19.89

PHOSPHORUS 20.27

IRON 0.71

SODIUM 119.92

POTASSIUM 88.38

MAGNESIUM 12.94

VEGETABLE SALAD

YIELD: 10 Portions (4 Cups)

EACH PORTION: 1/3 Cup

PAN SIZE:

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Beans, green, canned, drained	5 1/4 oz	1 1/2 cups	150	2. Combine beans, carrots, and peas, with celery and onions. Toss lightly.
Carrots, canned, drained, sliced or quarters	8 oz	1 1/2 cups	227	
Peas, canned, drained	3 1/2 oz	1/2 cup	100	
Celery, fresh, diced	2 2/3 oz	1/2 cup	75	
Onions, dry, finely chopped	1 oz	3 tbsp	28	
French Dressing, Cal/R Bland		1/2 cup		3. Prepare 1/2 recipe of French Dressing, Cal/R Bland Recipe M-58 (Mod). Add to vegetable mixture; toss lightly.
				4. Cover; refrigerate until ready to serve.
NOTE: Formulation is based upon approximately 50 grams carbohydrate per recipe (or 1 vegetable exchange per serving: Green beans, 15 grams CHO; carrots, 15 grams CHO; Peas 15 grams CHO; celery 5 grams CHO and onions and French Dressing not calculated.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-49 (Mod)

NA-CAL/R VEGETABLE

VEGETABLE SALAD				
YIELD: 10 Portions (4 Cups)			EACH PORTION: 1/3 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Beans, green, canned, Na/R, drained	5 1/4 oz	1 1/2 cups	150	2. Combine beans, carrots, and peas, with celery and onions. Toss lightly.
Carrots, canned, Na/R drained, (sliced or quarters)	8 oz	1 1/2 cups	227	
Peas, canned, Na/R, drained	3 1/2 oz	1/2 cup	100	
Celery, fresh, diced	2 2/3 oz	1/2 cup	75	
Onions, dry, finely chopped	1 oz	3 tbsp	28	
French Dressing, Na-Cal/R Bland		1/2 cup		3. Prepare 1/2 recipe of French Dressing Na-Cal/R Bland Recipe M-58 (Mod). Add to vegetable mixture; toss lightly.
				4. Cover; refrigerate until ready to serve.
NOTE: Formulation is based upon approximately 50 grams carbohydrate per recipe (or 1 vegetable exchange per serving; Green beans, 15 grams CHO; carrots, 15 grams CHO; Peas 15 grams CHO; celery 5 grams CHO and onions and French Dressing not calculated.				

EXCHANGES

1 Na-Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

65 Grams

CALORIES

255 21

GRAMS

PROTEIN

1.03

CARBOHYDRATE

4.45

FAT

0.11

mg

CALCIUM

19.89

PHOSPHORUS

20.27

IRON

0.71

SODIUM

16.80

POTASSIUM

88.38

MAGNESIUM

11.29

RECIPE FOR MODIFIED DIETS

RENAL

RECIPE NUMBER M-49 (Mod)

EXCHANGES

1 Renal Vegetable I
Exchange (List 10)

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

82

GRAMS

PROTEIN

1.55

CARBOHYDRATE

6.64

FAT

5.85

mg

CALCIUM

32.33

PHOSPHORUS

30.43

IRON

1.14

SODIUM

15.33

POTASSIUM

109.41

MAGNESIUM

17.09

VEGETABLE SALAD				
YIELD: 10 Portions			EACH PORTION: 1/3 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Beans, green, canned Na/R, drained	12 1/4 oz	1 1/2 cups	347	2. Combine beans, carrots, and peas, with celery and onions. Toss lightly.
Carrots, canned, sliced, Na/R, drained	8 1/2 oz	1 cup	240	
Peas, canned, Na/R, drained	5 2/3 oz	2/3 cup	160	
Celery, fresh, diced	1 3/4 oz	1/3 cup	50	
Onions, raw, green, cut into 1/4-inch slices	2 3/4 oz	1/3 cup	80	
<u>RENAL FRENCH DRESSING:</u>				3. Combine oil, vinegar, mustard, sugar, and paprika. Blend well.
Oil, salad	2 oz	1/4 cup	57	4. Add dressing to vegetables; toss lightly.
Vinegar		1 1/3 tbsp		
Mustard flour		1/4 tsp		
Sugar, granulated		1 tsp		
Paprika, ground		1/4 tsp		
NOTE: Formulation is based on 10 Renal Vegetable I Exchanges (List 10): 3 portions green beans; 3 portions carrots; 2 portions peas; 1 portion celery, and 1 portion onion.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-53 (Mod)

CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

257 36

GRAMS

PROTEIN

2.86

CARBOHYDRATE

5.85

FAT

0.47

mg

CALCIUM

35.43

PHOSPHORUS

4.79

IRON

0.56

SODIUM

49.74

POTASSIUM

210.67

MAGNESIUM

11.51

GERMAN STYLE TOMATO SALAD				
YIELD: 10 Portions			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Tomatoes, fresh Onions, dry, chopped Parsley, fresh, chopped Peppers, sweet, fresh, chopped	1 lb 12 $\frac{1}{4}$ oz 1 3/4 oz 2 2/3 oz	1/3 cup 2 tbsp 1/2 cup	800 50 75	2. Cut tomatoes into 1/2 -inch cubes; place in serving pan. 3. Add chopped onions and parsley; toss lightly. 4. Cover; refrigerate until ready to serve.
Salad Dressing, Low Calorie	5 oz	2/3 cup	142	5. Prepare 2/3 recipe M-68 (Mod) Low Calorie Salad Dressing, Cal/R Bland. 6. Add to tomato mixture just before serving. Toss lightly.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-53 (Mod)

NA-CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

36

258

GRAMS

PROTEIN

2.86

CARBOHYDRATE

5.85

FAT

0.47

mg

CALCIUM

35.43

PHOSPHORUS

44.79

IRON

0.56

SODIUM

18.15

POTASSIUM

210.67

MAGNESIUM

11.51

GERMAN STYLE TOMATO SALAD				
YIELD: 10 Portions			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe Card M-G-1.
Tomatoes, fresh Onions, dry, chopped Parsley, fresh, chopped Peppers, sweet, fresh, chopped	1 lb 12 $\frac{1}{4}$ oz 1 3/4 oz 2 2/3 oz	 1/3 cup 2 tbsp 1/2 cup	800 50 75	2. Cut tomatoes into 1/2-inch cubes; place in serving pan. 3. Add chopped onions and parsley; toss lightly. 4. Cover; refrigerate until ready to serve.
Salad Dressing, Na/R Low Calorie	5 oz	2/3 cup	142	5. Prepare 2/3 recipe M-68 (Mod) Low Calorie Salad Dressing, Na-Cal/R Bland. 6. Add to tomato mixture just before serving. Toss lightly.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-58 (Mod)

CAL/R BLAND

EXCHANGES

Free Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

1 Tbsp 14 Grams

CALORIES

259 10

GRAMS

PROTEIN 0.15

CARBOHYDRATE 0.86

FAT 0.97

mg

CALCIUM 13.09

PHOSPHORUS 2.82

IRON 0.09

SODIUM 15.13

POTASSIUM 28.66

MAGNESIUM 0.26

FRENCH DRESSING				
YIELD: 1 Cup			EACH PORTION: 1 Tbsp	
PAN SIZE: 1 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Mustard flour Paprika, ground Onions, dry, chopped Vinegar Salad oil Tomatoes, canned, crushed Water Starch, edible, cornstarch	4 oz	3/4 tsp 1/2 tsp 1 tbsp 1 tbsp 1 1/2 tsp 1/2 cup 1/3 cup 1/2 tsp	9 113	1. Combine all ingredients in a blender, and blend on high speed until smooth. 2. Pour into saucepan and heat, while stirring, until slightly thickened.
Sweetener, low calorie		1/4 tsp (1 pkt)	1	3. Cool, and add low calorie sweetener. Stir.
NOTE: Do not freeze.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-58 (Mod)

NA-CAL/R BLAND

EXCHANGES

Free Na-Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

1 Tbsp 14 Grams

CALORIES

260 10

GRAMS

PROTEIN 0.15

CARBOHYDRATE 0.96

FAT 0.69

mg

CALCIUM 13.09

PHOSPHORUS 2.82

IRON 0.09

SODIUM 0.78

POTASSIUM 28.66

MAGNESIUM 0.26

FRENCH DRESSING				
YIELD: 1 Cup			EACH PORTION: 1 Tbsp	
PAN SIZE: 1 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Mustard flour Paprika, ground Onions, dry, chopped Vinegar Salad Oil Tomatoes, cnd, Na/R crushed Water Starch, edible, cornstarch		3/4 tsp 1/2 tsp 1 tbsp 1 tbsp 1 1/2 tsp 1/2 cup 1/3 cup 1/2 tsp	 9 113 	1. Combine all ingredients in a blender, and blend on high speed until smooth. 2. Pour into saucepan and heat, while stirring, until slightly thickened.
Sweetener, low calorie		1/4 tsp (1 pkt)	1	3. Cool, and add low calorie sweetener. Stir.
NOTE: Do not freeze.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-63 (Mod)

CAL/R BLAND

EXCHANGES

Free Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

22 Grams

CALORIES

11

261

GRAMS

PROTEIN

0.58

CARBOHYDRATE

0.98

FAT

0.52

mg

CALCIUM

4.24

PHOSPHORUS

9.29

IRON

0.11

SODIUM

44.95

POTASSIUM

6.61

MAGNESIUM

0.66

COOKED SALAD DRESSING				
YIELD: 10 Portions (1 Cup)			EACH PORTION: 1 1/2 Tbsp	
PAN SIZE: 1 Quart Double Boiler		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Egg, slightly beaten Water, cold Starch, edible, cornstarch Mustard flour Vinegar Celery seed Salt		1 egg 3/4 cup 1 tbsp 1 tsp 2 tbsp 1/2 tsp 1/4 tsp	45 9	1. Combine all ingredients in top of double boiler. 2. Heat over boiling water while stirring, until thickened. 3. Refrigerate to cool, before using.
NOTE: Do not freeze.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER M-63 (Mod)

EXCHANGES

Free Na-Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

22 Grams

CALORIES

262 11

GRAMS

PROTEIN 0.58

CARBOHYDRATE 0.98

FAT 0.52

mg

CALCIUM 3.99

PHOSPHORUS 9.23

IRON 0.11

SODIUM 6.19

POTASSIUM 6.61

MAGNESIUM 0.54

COOKED SALAD DRESSING				
YIELD: 10 Portions (1 Cup)			EACH PORTION: 1 1/2 Tbsp	
PAN SIZE: 1 Quart Double Boiler		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Egg, slightly beaten		1 egg	45	1. Combine all ingredients in top of double boiler. 2. Heat over boiling water while stirring, until thickened. 3. Refrigerate to cool, before using.
Water, cold		3/4 cup		
Starch, edible, cornstarch		1 tbsp	9	
Mustard flour		1 tsp		
Vinegar		2 tbsp		
Celery seed		1/2 tsp		
NOTE: Do not freeze.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-68 (Mod)

CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

LOW CALORIE SALAD DRESSING

YIELD: 16 Portions (1 Cup)

EACH PORTION: 1 tbsp

PAN SIZE:

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Cheese, cottage, low fat	4 oz	1/2 cup	90	1. Combine all ingredients in a blender. 2. Blend until mixture is smooth.
Yogurt, plain, low fat		1/2 cup	113	
Celery, chopped		2 tbsp	19	
Onion, dry, chopped		2/3 tbsp	6	
Chives, dehydrated		1/4 tsp		
Garlic, dehydrated		1/4 tsp		
Paprika, ground		1/8 tsp		
NOTE: This salad dressing can be frozen.				

EXCHANGES

Free Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

14 Grams

CALORIES

263⁹

GRAMS

PROTEIN 1.32

CARBOHYDRATE 0.73

FAT 0.12

mg

CALCIUM 18.03

PHOSPHORUS 20.09

IRON 0.04

SODIUM 21.09

POTASSIUM 23.86

MAGNESIUM 1.95

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-68 (Mod)

NA-CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

FREE Na-Cal Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

14 Grams

CALORIES

9

GRAMS

PROTEIN 1.32

CARBOHYDRATE 0.73

FAT 0.12

mg

CALCIUM 18.03

PHOSPHORUS 20.09

IRON 0.04

SODIUM 8.95

POTASSIUM 23.86

MAGNESIUM 1.95

NA/R LOW CALORIE SALAD DRESSING

YIELD: 16 Portions (1 Cup)

EACH PORTION: 1 Tbsp

PAN SIZE:

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Cheese, cottage, low fat, Na/R	4 oz	1/2 cup	90	1. Combine all ingredients in a blender. 2. Blend until mixture is smooth.
Yogurt, plain, low fat		1/2 cup	113	
Celery, chopped		2 tbsp	19	
Onion, dry, chopped		2/3 tbsp	6	
Chives, dehydrated		1/4 tsp		
Garlic, dehydrated		1/4 tsp		
Paprika, ground		1/8 tsp		
NOTE: This salad dressing can be frozen.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER M-75 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

Free Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

30 Grams

CALORIES

18

265

GRAMS

PROTEIN 0.19

CARBOHYDRATE 4.23

FAT 0.18

mg

CALCIUM 7.48

PHOSPHORUS 3.97

IRON 0.13

SODIUM 0.55

POTASSIUM 39.21

MAGNESIUM 2.92

CRANBERRY ORANGE RELISH				
YIELD: 1 1/2 Cups			EACH PORTION: 2 Tbsp	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Cranberries, fresh, washed, sorted Orange, fresh, A.P.	8 oz 3 1/2 oz	2 cups 1 Orange	227 100	1. Put cranberries through food grinder or chopper to grind fine. Set aside for use in Step 3. 2. Cut orange into quarters; remove seeds. Course grind through food grinder or chopper.
Sweetener, low calorie		1 1/2 tsp (6 packets)	6	3. Combine cranberries, orange, and sweetener. Mix well. Cover; refrigerate until ready to serve.

**SOUPS
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RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Variation 2
P-1 (Mod)

EXCHANGES

Free Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

25

GRAMS

PROTEIN 1.27

CARBOHYDRATE 3.39

FAT 0.64

mg

CALCIUM 20.98

PHOSPHORUS 23.52

IRON 0.10

SODIUM 975.32

POTASSIUM 33.07

MAGNESIUM 4.41

BEEF AND NOODLE SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, boiling Soup and Gravy Base, beef flavored Bay leaf	2 oz	2 quarts 6 tbsp 1/4 leaf	57	1. Add soup and gravy base and bay leaf to water. Bring to a boil.
Noodles, egg	1 oz	1/3 cup	28	2. Add noodles to stock. Simmer, stirring frequently about 15 minutes or until noodles are tender.

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER Variation 2
P-1 (Mod)

EXCHANGES

Free Na-Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

25

268

GRAMS

PROTEIN 1.27

CARBOHYDRATE 3.39

FAT 0.64

mg

CALCIUM 20.98

PHOSPHORUS 23.52

IRON 0.10

SODIUM 8.77

POTASSIUM 33.07

MAGNESIUM 4.41

BEEF AND NOODLE SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, boiling Soup and Gravy Base, Na/R beef flavored Bay leaf	2 oz	2 quart 6 tbsp 1/4 leaf	57	1. Add soup and gravy base and bay leaf to water. Bring to a boil.
Noodles, egg	1 oz	1/3 cup	28	2. Add noodles to stock. Simmer, stirring frequently, about 15 minutes or until noodles are tender.
NOTE: For a more flavorful stock, add 1 unpeeled onion (3 oz), 1 unpeeled carrot (3 oz), cut into two-inch pieces, 2 whole garlic cloves, 6 sprigs fresh parsley and 1/2 tsp ground thyme to broth in Step 1. Simmer 1 hour and remove all vegetables. In Step 2, add water to give yield.				

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Variation 1
P-2 (Mod)

EXCHANGES

Free Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

26

GRAMS

PROTEIN 1.31

CARBOHYDRATE 3.04

FAT 0.92

mg

CALCIUM 28.21

PHOSPHORUS 14.68

IRON 0.16

SODIUM 1066.75

POTASSIUM 25.21

MAGNESIUM 4.68

CHICKEN NOODLE SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, boiling Soup and Gravy Base, chicken flavored Bay leaf	2 oz	2 quarts 6 tbsp 1/4 leaf	57	1. Add soup and gravy base and bay leaf to water. Bring to a boil
Noodles, egg	1 oz	1/3 cup	28	2. Add noodles to stock. Simmer, stirring frequently, about 15 minutes or until tender.

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER Variation 1
P-2 (Mod)

EXCHANGES

Free Na-Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

26

270

GRAMS

PROTEIN 1.31

CARBOHYDRATE 3.04

FAT 0.92

mg

CALCIUM 28.21

PHOSPHORUS 14.68

IRON 0.16

SODIUM 0.57

POTASSIUM 25.21

MAGNESIUM 4.68

CHICKEN NOODLE SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, boiling Soup and Gravy Base, Na/R chicken flavored Bayleaf	2 oz	2 quart 6 tbsp 2 leaves	57	1. Add soup and gravy base and bay leaf to water. Bring to a boil.
Noodles, egg	1 oz	1/3 cup	28	2. Add noodles to stock. Simmer, stirring frequently, about 15 minutes or until noodles are tender.
NOTE: For a more flavorful stock, add 1 unpeeled onion (3 oz), 1 unpeeled carrot (3 oz), cut into 2 inch pieces, 2 whole garlic cloves, 6 sprigs fresh parsley, and 1/2 tsp ground thyme to broth in Step 1. Simmer 1 hour and remove all vegetables. In Step 2 add water to give yield.				

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER P-4 (Mod)

EXCHANGES

Free Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

271 21

GRAMS

PROTEIN 1.24

CARBOHYDRATE 3.10

FAT 0.53

mg

CALCIUM 26.31

PHOSPHORUS 26.34

IRON 0.13

SODIUM 977.02

POTASSIUM 58.85

MAGNESIUM 5.79

ONION SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, boiling Soup and Gravy Base, beef flavored	2 oz	2 qt 6 tbap	57	1. Add soup and gravy base to water, bring stock to boiling point.
Bay leaf Garlic, crushed Onions, dry, sliced thinly	9 oz	1 leaf 1 clove 1 2/3 cups	255	2. Add bay leaf, garlic and onion. Simmer 30 minutes. Remove bay leaf and discard. 3. Add water to give yield if necessary.

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER P-4 (Mod)

EXCHANGES

Free Na-Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

32

272

GRAMS

PROTEIN 1.51

CARBOHYDRATE 4.13

FAT 0.26

mg

CALCIUM 22.89

PHOSPHORUS 8.10

IRON 0.13

SODIUM 12.47

POTASSIUM 389.68

MAGNESIUM 2.89

ONION SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, boiling Soup and Gravy Base, Na/R, beef flavored	2 oz	2 quarts 6 tbsp	57	1. Add soup and gravy base to water, bring stock to boiling point.
Bay leaf Garlic, crushed Onions, dry, sliced, thinly.	9 oz	1 leaf 1 clove 1 2/3 cups	255	2. Add bay leaf, garlic and onions. Simmer 30 minutes. Remove bay leaf and discard. 3. Add water to give yield if necessary.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER P-5 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

40

GRAMS

PROTEIN

2.07

CARBOHYDRATE

7.49

FAT

0.60

mg

CALCIUM

146.13

PHOSPHORUS

42.20

IRON

0.78

SODIUM

762.44

POTASSIUM

327.70

MAGNESIUM

7.80

TOMATO BOUILLON				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Celery, fresh, coarsley chopped	6 oz	1 1/4 cups	170	1. Combine celery, onions and boiling water. Simmer 30 minutes; strain, discard vegetables, reserve broth for Step 2.
Onions, dry, chopped	6 oz	1 1/4 cups	170	
Water, boiling		1 1/4 qt		
Soup and Gravy Base, beef flavored	1 1/4 oz	4 tbsp	35	2. Add soup base, tomatoes, dill, basil, marjoram, oregano and bay leaf. Heat to serving temperature.
Tomatoes, canned, crushed	2 1/2 lb	5 cups	1134	
Dill Seed		1/2 tsp		
Basil, sweet, ground		1/4 tsp		
Marjoram, whole		1/2 tsp		
Oregano, ground		1/2 tsp		
Bay leaf		1 leaf		

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER P-5 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

45

274

GRAMS

PROTEIN 2.24

CARBOHYDRATE 8.00

FAT 0.29

mg

CALCIUM 144.03

PHOSPHORUS 31.00

IRON 0.78

SODIUM 26.15

POTASSIUM 530.84

MAGNESIUM 6.02

TOMATO BOUILLON				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Celery, fresh, coarsely chopped	6 oz	1 1/4 cups	170	1. Combine celery, onions and boiling water. Simmer 30 minutes; strain, discard vegetables, reserve broth for Step 2.
Onions, dry, chopped	6 oz	1 1/4 cups	170	
Water, boiling		1 1/4 qt		
Soup and Gravy Base, Na/R beef flavored	1 1/4 oz	4 tbsp	35	2. Add soup base, tomatoes, dill, basil, marjoram, oregano and bay leaf. Heat to serving temperature.
Tomatoes, canned, crushed, Na/R	2 1/2 lb	5 cups	1134	
Dill seed		1/2 tsp		
Basil, sweet, ground		1/4 tsp		
Marjoram, whole		1/2 tsp		
Oregano, ground		1/2 tsp		
Bay leaf		1 leaf		

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER P-6 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

39

GRAMS

PROTEIN

1.52

CARBOHYDRATE

7.72

FAT

0.44

mg

CALCIUM

103.94

PHOSPHORUS

30.40

IRON

0.55

SODIUM

590.70

POTASSIUM

229.70

MAGNESIUM

5.11

TOMATO SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Soup and Gravy Base, beef flavored	1 oz	3 tbsp	28	1. Add soup and gravy base, onions, peppers and celery to water, simmer until tender.
Onions, dry, chopped	2 1/2 oz	1/2 cup	71	
Peppers, sweet, fresh, chopped	2 1/2 oz	1/2 cup	71	
Celery, fresh, chopped	2 1/2 oz	1/2 cup	71	
Water, boiling		5 cups		
Juice, lemon		1/4 tsp		2. Add lemon juice, tomatoes, basil and garlic. Reserve 1/3 cup juice from tomatoes for Step 3. Heat to simmering. 3. Combine starch and tomato juice to make a slurry. Add to soup while stirring. Return to simmer. 4. Add water to give yield if necessary.
Tomatoes, canned, crushed	1 3/4 lb	3 1/2 cups	794	
Basil, sweet, ground		1 tsp	2	
Garlic, dehydrated		3/4 tsp	28	
Starch, modified, edible	1 oz	3 tbsp		

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER P-6 (Mod)

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

180 Grams

CALORIES

43

276

PROTEIN

1.65

CARBOHYDRATE

8.15

FAT

0.19

GRAMS

mg

CALCIUM

102.26

PHOSPHORUS

21.44

IRON

0.55

SODIUM

16.05

POTASSIUM

392.22

MAGNESIUM

3.68

TOMATO SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped Peppers, sweet, fresh, chopped Celery, fresh, chopped Water, boiling	2 1/2 oz 2 1/2 oz 2 1/2 oz	1/2 cup 1/2 cup 1/2 cup 5 cups	71 71 71	1. Add onions, peppers and celery to water. Simmer until tender.
Juice, lemon Tomatoes, canned, Na/R, crushed Basil, sweet, ground Garlic, dehydrated Starch, modified, edible	1 3/4 lb 1 oz	1/4 tsp 3 1/2 cups 1 tsp 3/4 tsp 3 tbsps	794 2 28	2. Add lemon juice, tomatoes, basil, and garlic. Reserve 1/3 cup juice from tomatoes for Step 3. Heat to simmering. 3. Combine starch and tomato juice to make a slurry. Add to soup while stirring. Return to simmer. 4. Add water to give yield if necessary.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER P-7 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

25
277

GRAMS

PROTEIN 1.40

CARBOHYDRATE 4.96

FAT 0.27

mg

CALCIUM 23.29

PHOSPHORUS 27.24

IRON 0.65

SODIUM 542.40

POTASSIUM 186.21

MAGNESIUM 11.17

VEGETABLE SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped	2 1/2 oz	1/2 cup	71	1. Combine onions, soup and gravy base, garlic, carrots, celery, peppers, cabbage, tomatoes and parsley. 2. Add water, bring to a boil, reduce heat, simmer 15 - 20 minutes, or until vegetables are tender. 3. Add water to give yield, if necessary.
Water, boiling		3 3/4 cups		
Soup and Gravy Base, beef flavored	1 oz	3 tbsp	28	
Garlic, dehydrated		1/2 tsp	2	
Carrots, fresh, chopped	7 oz	1 1/2 cups	198	
Celery, fresh, chopped	4 oz	3/4 cup	113	
Peppers, sweet, fresh, chopped	2 1/2 oz	1/2 cup	70	
Cabbage, fresh, chopped	5 1/4 oz	1 cup	150	
Tomatoes, canned, crushed	8 oz	1 cup	227	
Parsley, dehydrated		2 tbsp		

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER P-7 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

25

GRAMS

PROTEIN

1.40

CARBOHYDRATE

4.94

FAT

0.27

mg

CALCIUM

45.99

PHOSPHORUS

27.24

IRON

0.65

SODIUM

21.70

POTASSIUM

186.21

MAGNESIUM

11.17

VEGETABLE SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped	2 1/2 oz	1/2 cup	71	1. Combine onions, soup base, garlic, carrots, celery, peppers, cabbage, tomatoes and parsley. 2. Add water, bring to a boil, reduce heat, simmer 15 - 20 minutes, or until vegetables are tender. 3. Add water to give yield if necessary.
Water, boiling		3 3/4 cups		
Soup and Gravy Base, Na/R beef flavored	1 oz	3 tbsp	28	
Garlic, dehydrated		1/2 tsp	2	
Carrots, fresh, chopped	7 oz	1 1/2 cups	198	
Celery, fresh, chopped	4 oz	3/4 cup	113	
Peppers, sweet, fresh, chopped	2 1/2 oz	1/2 cup	70	
Cabbage, fresh, chopped	5 1/4 oz	1 cup	150	
Tomatoes, canned, crushed, Na/R	8 oz	1 cup	227	
Parsley, dehydrated		2 tbsp		

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER P-9 (Mod)

CAL/R BLAND

EXCHANGES

Free Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

279 24

GRAMS

PROTEIN 1.64

CARBOHYDRATE 1.46

FAT 1.34

mg

CALCIUM 33.75

PHOSPHORUS 21.55

IRON 0.34

SODIUM 1072.45

POTASSIUM 43.61

MAGNESIUM 3.69

EGG DROP SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, boiling Soup and Gravy Base, chicken flavored	2 oz	2 quarts 6 tbsp	57	1. Stir soup and gravy base into boiling water.
Eggs, whole, well beaten		1 egg	45	2. Pour well beaten eggs slowly into boiling soup, stirring with a spoon until all eggs are added. Bring to a boil; cook 3 mintues.
Onions, green, chopped (optional)	2 1/2 oz	1/2 cup	71	3. Add onions.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER P-9 (Mod)

NA-CAL/R ELAND

EXCHANGES

Free Na-Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

24

280

GRAMS

PROTEIN 1.64

CARBOHYDRATE 1.46

FAT 1.34

mg

CALCIUM 33.75

PHOSPHORUS 21.55

IRON 0.34

SODIUM 13.57

POTASSIUM 43.61

MAGNESIUM 3.69

EGG DROP SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Water, boiling Soup and Gravy Base, Na/R, chicken flavored	2 oz	2 qt 6 tbsp	57	1. Stir soup and gravy base into boiling water.
Eggs, whole, well beaten		1 egg	45	2. Pour well beaten eggs slowly into boiling soup, stirring with a spoon until all eggs are added. Bring to a boil; cook 3 minutes.
Onions, green, chopped (optional)	2 1/2 oz	1/2 cup	71	3. Add onions.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER P-10 (1) (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

39 281

GRAMS

1.76

8.19

0.30

mg

38.46

33.78

0.63

745.12

216.71

5.43

CHICKEN GUMBO SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Soup and Gravy Base, chicken flavored	1 oz	3 tbsp	28	1. Add soup base to water. 2. Add onions to soup stock; simmer 5 minutes.
Water, boiling Onions, dry, chopped	3 1/2 oz	3 1/2 cup 2/3 cup	100	
Garlic, dry, crushed Tomatoes, canned, crushed Celery, fresh, chopped Okra, frozen Peppers, sweet, fresh, chopped	1 lb 3 1/2 oz 8 oz 3 1/2 oz	1/4 clove 2 cups 2/3 cup 1 1/2 cups 2/3 cup	454 100 227 100	3. Add tomatoes, garlic, celery, okra, peppers, bay leaf, paprika and thyme.
Bay Leaf Paprika, ground Thyme, ground		1/2 leaf 1/4 tsp 1/4 tsp		
Starch, modified, edible Water, cool		2 tbsp 1 cup	18	4. Blend starch and water; add to stock, stir until thickened and simmer 30 minutes. 5. Add water to give yield if necessary.

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER P-10 (1) (Mod)

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

39

282

GRAMS

PROTEIN 1.76

CARBOHYDRATE 8.19

FAT 0.30

mg

CALCIUM 38.46

PHOSPHORUS 33.78

IRON 0.63

SODIUM 10.80

POTASSIUM 216.71

MAGNESIUM 5.43

CHICKEN GUMBO SOUP				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Soup and Gravy Base, Na/R, chicken flavored	1 oz	3 tbsp	28	1. Add soup base to water. 2. Add onions to soup stock; simmer 5 minutes.
Water, boiling Onions, dry, chopped	3 1/2 oz	3 1/2 cups 2/3 cup	100	
Garlic, dry, crushed Tomatoes, canned, Na/R crushed Celery, fresh, chopped Okra, frozen Peppers, sweet, fresh, chopped	1 lb 3 1/2 oz 8 oz 3 1/2 oz	1/4 clove 2 cups 2/3 cup 1 1/2 cups 2/3 cup	454 100 227 99	3. Add tomatoes, garlic, celery, okra, pepper, bay leaf; paprika and thyme.
Bay leaf Paprika, ground Thyme, ground		1/2 leaf 1/4 tsp 1/4 tsp		
Starch, modified, edible Water, cool		2 tbsp 1 cup	18	4. Blend starch and water; add to stock, stir until thick- ened; simmer 30 minutes. 5. Add water to give yield if necessary.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER P-12 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Meat Exchange and
1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

100

203

GRAMS

PROTEIN

12.92

CARBOHYDRATE

6.09

FAT

2.58

mg

CALCIUM

109.21

PHOSPHORUS

142.68

IRON

1.06

SODIUM

627.70

POTASSIUM

410.65

MAGNESIUM

21.35

MANHATTAN FISH CHOWDER				
YIELD: 10 Portions (2 Quarts)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Soup and Gravy Base, beef flavored	1 oz	3 tbsp	28	1. Add soup and gravy base, onions, celery and peppers to water; simmer until tender.
Onions, dry, chopped	4 oz	3/4 cup	113	
Celery, fresh, diced	4 oz	3/4 cup	113	
Peppers, sweet, fresh chopped	4 oz	3/4 cup	113	
Water, boiling		4 1/2 cups		
Fish, fillet, skinless, cut in one inch pieces	14 oz		397	2. Add fish to water, bring to a boil, reduce heat, simmer for 10 minutes.
Tomatoes, canned, crushed	1 1/2 lb	3 cups	680	3. Add tomatoes, carrots, thyme, tarragon, and celery seed to fish and stock. 4. Bring to a boil, reduce heat, simmer 20 minutes or until vegetables are tender.
Carrots, fresh, diced	4 1/2 oz	1 cup	128	
Thyme, ground		1/4 tsp		
Tarragon, ground		1/4 tsp		
Celery seed, ground		1/8 tsp		

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER P-12 (Mod)

EXCHANGES

1 Na-Cal/R Meat Exchange &
1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

204 105

GRAMS

PROTEIN 13.08

CARBOHYDRATE 6.65

FAT 2.33

mg

CALCIUM 112.19

PHOSPHORUS 134.32

IRON 1.08

SODIUM 69.47

POTASSIUM 576.31

MAGNESIUM 20.15

MANHATTAN FISH CHOWDER				
YIELD: 10 Portions (2 Quart)			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped Celery, fresh, diced Peppers, fresh, sweet, chopped Water, boiling	4 oz 4 oz 4 oz	3/4 cup 3/4 cup 3/4 cup 1 1/8 qt	113 113 113	1. Add onions, celery and peppers to water; simmer until tender.
Fish, fillet, skinless, cut in one inch pieces	14 oz		397	2. Add fish to water, bring to a boil, reduce heat, simmer for 10 minutes.
Tomatoes, canned, crushed, Na/R Carrots, fresh, diced Thyme, ground Tarragon, ground Celery seed, ground	1 1/2 lb 4 1/2 oz	3 cups 1 cup 1/4 tsp 1/4 tsp 1/8 tsp	680 128	3. Add tomatoes, carrots, thyme, tarragon, and celery seed to to fish and stock. 4. Bring to a boil, reduce heat, simmer 20 minutes or until vegetables are tender.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER P-13 (Mod)

CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Cal/R Bread Exchange and
1 Cal/R Meat Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

113

GRAMS

PROTEIN

10.10

CARBOHYDRATE

15.13

FAT

1.20

mg

CALCIUM

152.56

PHOSPHORUS

173.36

IRON

0.92

SODIUM

311.92

POTASSIUM

403.21

MAGNESIUM

31.37

NEW ENGLAND FISH CHOWDER

YIELD: 10 Portions (2 Quarts)

EACH PORTION: 3/4 Cups

PAN SIZE: 4 1/2 Quart Saucepan

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Fish fillets, skinless, cut into 1 inch pieces	7 oz		198	1. Add fish and potatoes to water; bring to a boil; simmer for 10 minutes.
Potatoes, white, fresh, diced	1 lb	3 cups	454	
Water, boiling		3 cups		
Onions, dry, chopped	5 1/3 oz	1 cup	151	2. Add onions to fish, continue to simmer 10 minutes or until fish and potatoes are tender.
Salt		1 tsp	6	
Garlic, dehydrated		1/2 tsp		3. Add salt, garlic, thyme, parsley and tarragon.
Thyme, ground		1/2 tsp		
Parsley, dehydrated		2 tbsp		
Tarragon, ground		1/4 tsp		
Milk, nonfat, dry	3 1/4 oz	3/4 cup	92	4. Reconstitute milk, blend starch and milk, add starch and milk mixture to fish.
Water, warm		3 cups		
Starch, modified, edible	1 oz	3 tbsp	28	
				5. Heat to just below boiling point. DO NOT BOIL. Stir constantly until thickened.

RECIPE FOR MODIFIED DIETS

NA-CAL/R ELAND

RECIPE NUMBER: P-13 (Mod)

(Not Allowed on Lactose Restricted Diets)

EXCHANGES

- 1 Na-Cal/R Bread Exchange &
1 Na-Cal/R Meat Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

170 Grams

CALORIES

113 286

GRAMS

PROTEIN 10.10

CARBOHYDRATE 15.13

FAT	1.20
------------	-------------

mg

CALCIUM 151.04

PHOSPHORUS 173.00

IRON 0.91

SODIUM 79.37

POTASSIUM 403.18

MAGNESIUM 30.66

NEW ENGLAND FISH CHOWDER				
YIELD: 10 Portions			EACH PORTION: 3/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Fish fillets, skinless, cut into 1 inch pieces Potatoes, white, fresh, diced Water, boiling.	7 oz 1 lb	 3 cups 3 cups	198 454	1. Add fish and potatoes to water; bring to a boil; simmer 10 minutes.
Onions, dry, chopped Garlic, dehydrated Thyme, ground Parsley, dehydrated Tarragon, ground	5 1/3 oz	1 cup 1/2 tsp 1/2 tsp 2 tbsps 1/4 tsp	151	2. Add onions to fish, continue to simmer 10 minutes or until fish and potatoes are tender. 3. Add garlic, thyme, parsley, and tarragon.
Milk, nonfat, dry Water, warm Starch, modified, edible	3 1/4 oz 1 oz	3/4 cup 3 cups 3 tbsps	92 28	4. Reconstitute milk, blend starch and milk, add starch and milk mixture to fish. 5. Heat to just below boiling point. DO NOT BOIL. Stir constantly until thickened.

**VEGETABLES
RECIPE INDEX**

AFRS Recipe	Cal/R Bland	Page	Na-Cal/R Bland	Page	Renal	Page
Q-8 Harvard Beets	Q-8 (Mod)	289	Q-8 (Mod)	290	- - -	
Q-9 Hot Spiced Beets	Q-9 (Mod)	291	Q-9 (Mod)	292	Q-9 (Mod)	293
Q-27 Mexican Corn	Q-27 (Mod)	294	Q-27 (Mod)	295	- - -	
Q-31 Okra and Tomato Gumbo	Q-31 (Mod)	296	Q-31 (Mod)	297	- - -	
Q-34 Baked Onions with Tomatoes	Q-34 (Mod)	298	Q-34 (Mod)	299	- - -	
Variation 1 Spanish Onions	Q-34 (Mod) Var. 1	300	Q-34 (Mod) Var. 1	301	- - -	
Q-41 Peas with Mushrooms	Q-41 (Mod)	302	Q-41 (Mod)	303	- - -	
Variation 1 Peas with Carrots	Q-41 (Mod) Var. 1	304	Q-41 (Mod) Var. 1	305	- - -	
Variation 2 Peas with Celery	Q-41 (Mod) Var. 2	306	Q-41 (Mod) Var. 2	307	- - -	
Variation 3 Peas with Onions	Q-41 (Mod) Var. 3	308	Q-41 (Mod) Var. 3	309	- - -	
Q-44 Baked Potatoes	Q-44 (Mod)	310	Q-44 (Mod)	310	Q-44 (Mod)	310
Q-48 Mashed Potatoes	Q-48 (Mod)	311	Q-48 (Mod)	312	Q-48 (Mod)	313
Q-50 Oven Glo Potatoes	Q-50 (Mod)	314	Q-50 (Mod)	315	- - -	
Q-58 Mashed Rutabagas	Q-58 (Mod)	316	Q-58 (Mod)	317	Q-58 (Mod)	318
Q-61 Baked Hubbard or Acorn Squash	Q-61 (Mod)	319	Q-61 (Mod)	319	Q-61 (Mod)	319
Q-62 Creole Summer Squash	Q-62 (Mod)	320	Q-62 (Mod)	321	- - -	

**VEGETABLES
RECIPE INDEX**

AFRS Recipe	Cal/R Bland	Page	Na-Cal/R Bland	Page	Renal	Page
Q-66 Baked Sweet Potatoes	Q-66 (Mod)	322	Q-66 (Mod)	322	Q-66 (Mod)	322
Q-69 Mashed Sweet Potatoes	Q-69 (Mod)	323	Q-69 (Mod)	323	Q-69 (Mod)	324
Q-73 Stewed Tomatoes	Q-73 (Mod)	325	Q-73 (Mod)	326	- - -	
Q-77 Parsley Potatoes	Q-77 (Mod)	327	Q-77 (Mod)	328	Q-77 (Mod)	329
Variation 1 Paprika Potatoes	Q-77 (Mod) Var. 1	327	Q-77 (Mod) Var. 1	328	Q-77 (Mod) Var. 1	329
Q-78 Double Baked Potatoes	Q-78 (Mod)	330	Q-78 (Mod)	331	- - -	
Q-81 Ratatouille	Q-81 (Mod)	332	Q-81 (Mod)	333	- - -	

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Q-8 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

80 Grams

CALORIES

36

GRAMS

PROTEIN 0.86

CARBOHYDRATE 8.69

FAT 0.67

mg

CALCIUM 12.88

PHOSPHORUS 15.59

IRON 0.54

SODIUM 217.75

POTASSIUM 154.97

MAGNESIUM 8.70

HARVARD BEETS				
YIELD: 10 Portions (4 Cups)		EACH PORTION: Scant 1/2 Cup		
PAN SIZE: 2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beets, canned, whole or slices	2 lb (includes juice) 1 lb 4 oz (DW)	2 - No. 303 cn 4 cups (DW)	567 (DW)	1. Drain beets; reserve juice for use in Step 2 and beets for use in Step 6. If whole beets are used, slice.
Reserved liquid Starch, modified, edible Cloves, ground		1 1/2 cups 1 1/2 tbsp 1/4 tsp	14	2. Dissolve starch in beet juice and add cloves. 3. Bring to a boil and simmer 5 minutes, stirring constantly until thick and clear.
Sweetener, Low Calorie Vinegar	1 oz	1/4 tsp (1 pkt) 2 tbsp	1 28	4. Add sweetener and vinegar to thickened mixture. 5. Add drained beets to sauce; heat to serving temperature.
NOTE: Recipe was developed using Aspartame sweetener in Step 4. However, if beets are to be held for a long period at a temperature over 180°F, a saccharine sweetener may need to be substituted.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER Q-8 (Mod)

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

80 Grams

CALORIES

36

290

GRAMS

PROTEIN 0.81

CARBOHYDRATE 8.52

FAT 0.67

mg

CALCIUM 9.48

PHOSPHORUS 17.85

IRON 0.71

SODIUM 55.61

POTASSIUM 144.19

MAGNESIUM 13.23

HARVARD BEETS				
YIELD: 10 Portions (4 Cups)			EACH PORTION: Scant 1/2 Cup	
PAN SIZE: 2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beets, canned, whole or slices, Na/R	2 lb (includes juice) 1 lb 4 oz(DW)	2 - No. 303 cn 4 cups (DW)	567(DW)	1. Drain beets; reserve juice for use in Step 2 and beets for use in Step 6. If whole beets are used, slice.
Reserved liquid Starch, modified, edible Cloves, ground		1 1/2 cups 1 1/2 tbsp 1/4 tsp	14	2. Dissolve starch in beet juice and add cloves. 3. Bring to a boil and simmer 5 minutes, stirring constantly until thick and clear.
Sweetener, Low Calorie Vinegar	1 oz	1/4 tsp (1 pkt) 2 tbsp	1 28	4. Add sweetener and vinegar to thickened mixture. 5. Add drained beets to sauce; heat to serving temperature.
NOTE: Recipe was developed using Aspartame sweetener in Step 4. However, if beets are to be held for a long period at a temperature over 180°F, a saccharine sweetener may need to be substituted.				

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Q-9 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

65 Grams

CALORIES

291 26

GRAMS

PROTEIN 0.70

CARBOHYDRATE 6.4

FAT 0.69

mg

CALCIUM 12.63

PHOSPHORUS 12.64

IRON 0.49

SODIUM 170.83

POTASSIUM 122.45

MAGNESIUM 8.73

HOT SPICED BEETS				
YIELD: 10 Portions (4 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beets, canned, whole or slices Reserved liquid	2 lb (includes juice)	2 - No. 303 can 2/3 cup	567(DW)	1. Drain beets; reserve liquid for use in Step 2 and beets for use in Step 3.
Cloves, ground Cinnamon, ground Vinegar Sweetener, Low Calorie		1/4 tsp 1/4 tsp 1/4 cup 1/4 tsp (1 pkt)	1	2. Add cloves, cinnamon and vinegar to liquid, bring to a boil. 3. Add sweetener and beets to liquid; heat to serving temperature.
NOTE: Recipe was developed using Aspartame sweetener in Step 3. However, if beets are to be held for a long period at a temperature over 180°F, a saccharine sweetener may need to be substituted.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER Q-9 (Mod)

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

65 Grams

CALORIES

26

292

GRAMS

PROTEIN 0.65

CARBOHYDRATE 6.31

FAT 0.07

mg

CALCIUM 9.22

PHOSPHORUS 14.91

IRON 0.66

SODIUM 46.50

POTASSIUM 111.68

MAGNESIUM 13.27

HOT SPICED BEETS				
YIELD: 10 Portions (4 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Beets, Na/R, canned, whole or slices	2 lb (includes juice)	2 - No. 303 cr	567(DW)	1. Drain beets; reserve liquid for use in Step 2 and beets for use in Step 3.
Reserved liquid		2/3 cup		
Cloves, ground Cinnamon, ground Vinegar Sweetener, low calorie		1/4 tsp 1/4 tsp 1/4 cup 1/4 tsp (1 pkt)	1	2. Add cloves, cinnamon and vinegar to liquid, bring to a boil. 3. Add sweetener and beets to liquid; heat to serving temperature.
NOTE: Recipe was developed using Aspartame sweetener in Step 3. However, if beets are to be held for a long period at a temperature over 180° F, a saccharine sweetener may need to be substituted.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-9 (Mod)

RENAL

EXCHANGES

1 Renal Vegetable II
Exchange (List 11)

NUTRITIONAL ANALYSIS OF ONE SERVING

160 Grams

CALORIES

76

293

PROTEIN

1.63

CARBOHYDRATE

18.26

FAT

0.17

mg

CALCIUM

23.28

PHOSPHORUS

38.83

IRON

1.72

SODIUM

121.04

POTASSIUM

276.54

MAGNESIUM

37.02

HOT SPICED BEETS					
YIELD: 10 Portions			EACH PORTION: 2/3 Cup		
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:			
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD	
Beets, canned, whole or slices, drained, Na/R	3 lb 8 1/2 oz	7 1/2 cups	1600	1. Set aside beets for use in Step 4.	
Liquid from drained beets	8 oz	1 cup	227	2. Combine liquid from beets,	
Vinegar	1 oz	2 tbsp	28	vinegar, cloves, cinnamon and sugar.	
Cloves, ground		1/4 tsp		3. Bring to a boil; cover and simmer 5 minutes.	
Cinnamon, ground		1/4 tsp			
Sugar, granulated	1 oz	2 tbsp	28		
				4. Add beets; heat to serving temperature. Drain and serve.	

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-27 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

60 Grams

CALORIES

52

GRAMS

PROTEIN 1.98

CARBOHYDRATE 12.17

FAT 0.34

mg

CALCIUM 5.19

PHOSPHORUS 47.54

IRON 0.61

SODIUM 119.08

POTASSIUM 137.56

MAGNESIUM 10.77

MEXICAN CORN				
YIELD: 3 1/3 cup (10 Portions)			EACH PORTION: 1/3 cup	
PAN SIZE: 2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Peppers, green, fresh, Chopped	2 1/2 oz	1/2 cup	71	1. Add peppers and onions to salted water; simmer until tender. 2. Add corn to peppers and onions, cook 2 - 3 minutes. 3. Drain corn, peppers and onions; mix with pimientos. 4. Heat to serving temperature.
Onions, dry, chopped	2 1/2 oz	1/2 cup	71	
Water, boiling		2 cups		
Salt		1/2 tsp	3	
Corn, frozen, whole, kernel	1 lb 5 oz		595	
Pimientos, canned, drained, chopped	1 1/2 oz	2 tbsp	43	
NOTE: 3.5 grams Cal/R butter flavored granules (2 tsp) mixed with 2 tbsp water may be added in Step 3. (1 calorie per serving).				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER Q-27 (Mod)

EXCHANGES

1 Na-Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

60 Grams

CALORIES

50

GRAMS

PROTEIN 1.94

CARBOHYDRATE 11.92

FAT 0.32

mg

CALCIUM 4.13

PHOSPHORUS 46.63

IRON 0.54

SODIUM 1.73

POTASSIUM 127.87

MAGNESIUM 10.42

MEXICAN CORN				
YIELD: 3 1/3 cup (10 Portions)			EACH PORTION: 1/3 Cup	
PAN SIZE: 2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Peppers, green, fresh, chopped Onions, dry, chopped Water, boiling Corn, frozen, whole kernel	2 1/2 oz 2 1/2 oz 1 lb 5 oz	1/2 cup 1/2 cup 2 cups	71 71 595	<ol style="list-style-type: none"> 1. Add peppers and onions to water; simmer until tender. 2. Add corn to peppers and onions, cook 2 - 3 minutes. 3. Drain corn, peppers and onions; mix. 4. Heat to serving temperature stirring constantly.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-31 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

80 Grams

CALORIES

296 30

GRAMS

PROTEIN

1.43

CARBOHYDRATE

6.83

FAT

0.11

mg

CALCIUM

50.87

PHOSPHORUS

28.96

IRON

0.46

SODIUM

70.28

POTASSIUM

145.14

MAGNESIUM

2.39

OKRA AND TOMATO GUMBO				
YIELD: 10 Portions (4 Cups)			EACH PORTION: 1/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped Water, boiling Salt	5 1/3 oz	1 cup 1/2 cup 1/4 tsp	151 1	1. Simmer onions in boiling salted water until tender.
Okra, frozen, cut, thawed Tomatoes, canned, crushed Basil, sweet, ground Starch, modified, edible	1 lb 8 oz	3 cups 1 cup 1 tsp 1 tbsp	454 227 9	2. Add okra to onions, cook until tender. 3. Reserve 1/3 cup juice from tomatoes for Step 4. Add tomatoes and basil to okra. 4. Combine starch and tomato juice to make a slurry. Add to okra, stir until thickened; heat to serving temperature.

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER Q-31 (Mod)

EXCHANGES

1 Na- Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

80 Grams

CALORIES

30

GRAMS

PROTEIN 1.43

CARBOHYDRATE 6.80

FAT 0.11

mg

CALCIUM 50.62

PHOSPHORUS 28.90

IRON 0.46

SODIUM 2.69

POTASSIUM 145.13

MAGNESIUM 2.27

OKRA AND TOMATO GUMBO

YIELD: 10 Portions (4 Cups)

EACH PORTION: 1/3 Cup

PAN SIZE: 4 1/2 Quart Saucepan

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped Water, boiling	5 1/3 oz	1 cup 1/2 cup	151	1. Simmer onions in water until tender.
Okra, frozen, cut, thawed Tomatoes, canned, Na/R crushed Basil, sweet, ground Starch, modified, edible	1 lb 8 oz	3 cups 1 cup 1 tsp 1 tbsp	454 227 9	2. Add Okra to onions, cook until tender. 3. Reserve 1/3 cup juice from tomatoes for Step 4. Add basil to Okra. 4. Combine starch and tomato juice to make a slurry. Add to Okra, stir until thickened, heat to serving temperature.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Q-34 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

298

32

GRAMS

PROTEIN 1.30
CARBOHYDRATE 7.03
FAT 0.19

mg

CALCIUM 84.32
PHOSPHORUS 27.71
IRON 0.54
SODIUM 91.97
POTASSIUM 203.66
MAGNESIUM 5.63

BAKED ONIONS WITH TOMATOES				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 13" x 9" Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, quartered Water, boiling	1 lb 2 oz	3 2/3 cups 3 cups	510	1. Cook onions in water 15 minutes or until tender; drain, reserve 1 cup liquid for use in Step 4; cool. 2. Spread onions in pan.
Tomatoes, canned, crushed Bay leaf Cloves, whole Starch, edible, modified	1 lb 8 oz	3 cups 1/2 leaf 6 cloves 1 tbsps	680 9	3. Combine tomatoes, bay leaf, cloves. Heat to boiling; cook 5 minutes. Remove bay leaf and cloves. 4. Blend together reserved liquid and starch; add to tomato mixture. Cook until thickened while stirring. 5. Pour tomato mixture over onions. 6. Bake 15 minutes.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-34 (Mod)

NA-CAL/R BLAND

BAKED ONIONS WITH TOMATOES				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 13" x 9" Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, quartered Water, boiling	1 lb 2 oz	3 2/3 cups 3 cups	510	1. Cook onions in water 15 minutes or until tender; drain, reserve 1 cup liquid for Step 4; cool. 2. Spread onions in pan.
Tomatoes, Na/R, canned crushed Bay leaf Cloves, whole Starch, edible, modified	1 lb 8 oz	3 cups 1/2 leaf 6 cloves 1 tbsp	680 9	3. Combine tomatoes, bay leaf, and cloves. Heat to boiling and cook 5 minutes. Remove bay leaf and cloves. 4. Blend together reserved liquid and starch; add to tomato mixture. Cook until thickened while stirring. 5. Pour tomato mixture over onions. 6. Bake 15 minutes.

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

299

32

GRAMS

PROTEIN 1.30

CARBOHYDRATE 6.96

FAT 0.19

mg

CALCIUM 84.32

PHOSPHORUS 27.71

IRON 0.54

SODIUM 5.61

POTASSIUM 203.66

MAGNESIUM 5.63

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Variation 1
Q-34 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

120 Grams

CALORIES

300

33

GRAMS

PROTEIN 1.34

CARBOHYDRATE 7.15

FAT 0.18

mg

CALCIUM 20.27

PHOSPHORUS 28.71

IRON 0.66

SODIUM 192.50

POTASSIUM 210.58

MAGNESIUM 16.42

SPANISH ONIONS				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 13" x 9" Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, quartered Water, boiling Salt	1 lb 2 oz	1 qt 3 cups 1/2 tsp	510 3	1. Simmer onions in boiling salted water 15 minutes or until tender; drain. Reserve liquid for Step 4; cool. 2. Spread onions in pans.
Tomatoes, canned Cloves, whole Pepper, sweet, chopped Celery, fresh, chopped	1 lb 5 oz 5 oz	2 cups 6 1 cup 1 cup	454 142 142	3. Combine tomatoes, cloves, pepper and celery. Heat to boiling, cook until vegetables are tender. Remove cloves.
Starch, modified, edible		1 tbsp	9	4. Blend together reserved liquid and starch; add to tomato mixture. Cook until thickened while stirring. 5. Pour tomato mixture over onions. 6. Bake 15 minutes.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Variation 1
Q-34 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

120 Grams

CALORIES

37

PROTEIN

1.52

CARBOHYDRATE

8.36

FAT

0.18

GRAMS

mg

CALCIUM

21.02

PHOSPHORUS

32.91

IRON

0.74

SODIUM

20.65

POTASSIUM

243.19

MAGNESIUM

13.14

SPANISH ONIONS				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 13" x 9" Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, quartered Water, boiling	1 lb 2 oz	1 quart 3 cups	510	1. Simmer onions in boiling water 15 minutes or until tender; drain. Reserve liquid for Step 4; cool. 2. Spread onions in pans.
Tomatoes, Na/R canned Cloves, whole Pepper, sweet, chopped Celery, fresh, chopped	1 lb 5 oz 5 oz	2 cups 6 cloves 1 cup 1 cup	453 141 142	3. Combine tomatoes, cloves, pepper and celery. Heat to boiling, cook until vegetables are tender. Remove cloves.
Starch, modified, edible		1 tbsp	9	4. Blend together reserved liquid and starch; add to tomato mixture. Cook until thickened while stirring. 5. Pour tomato mixture over onions. 6. Bake 15 minutes.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-41 (Mod)

CAL/R ELAND

EXCHANGES

1 Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

113 Grams

CALORIES

66

302

PROTEIN

5.06

CARBOHYDRATE

11.25

FAT

0.30

GRAMS

mg

CALCIUM

20.88

PHOSPHORUS

93.15

IRON

2.25

SODIUM

426.42

POTASSIUM

144.70

MAGNESIUM

97.24

PEAS WITH MUSHROOMS				
YIELD: 10 Portions (6 Cups)			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Peas, frozen Salt Water, boiling	2 lb	4 1/2 cups 1/2 tsp 3 cups	907	1. Add peas to salted water. Bring to a boil; cook gently for 5 minutes.
Mushrooms, canned, drained	8 oz	1 1/2 cups	227	2. Add mushrooms. Return to boil and simmer 1 - 3 minutes or until peas are tender. 3. Drain.
NOTE: 3.5 grams Cal/R butter flavored granules (2 tsp) mixed with 2 tbsp water may be added in Step 3.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-41 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

113 Grams

CALORIES

82

303

GRAMS

PROTEIN 5.28

CARBOHYDRATE 14.89

FAT 0.43

mg

CALCIUM 27.20

PHOSPHORUS 106.00

IRON 2.20

SODIUM 6.79

POTASSIUM 202.33

MAGNESIUM 15.64

PEAS WITH MUSHROOMS				
YIELD: 10 Portions (6 Cups)			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Peas, canned, drained, Na/R	2 lb	4 1/2 cups	907	1. Set aside peas for use in Step 3.
Liquid from drained peas Mushrooms, fresh, sliced raw	8 oz 8 oz	1 cup 3 1/4 cups	226 226	2. Place mushrooms in liquid from drained peas. Bring to a boil and simmer 3 minutes. 3. Add drained peas and heat to simmer.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Variation 1
Q-41 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

113 Grams

CALORIES

69

304

GRAMS

PROTEIN

4.83

CARBOHYDRATE

12.31

FAT

0.32

mg

CALCIUM

25.42

PHOSPHORUS

85.20

IRON

1.86

SODIUM

432.43

POTASSIUM

172.85

MAGNESIUM

21.19

PEAS WITH CARROTS				
YIELD: 10 Portions (6 Cups)			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Carrots, fresh, sliced Water, boiling Salt	8 oz	1 1/2 cups 3 cups 1/2 tsp	227	1. Add carrots to salted water. Cook 10 minutes.
Peas, frozen	2 lb	4 1/2 cups	907	2. Add peas to carrots. Return to boil and simmer 6 to 8 minutes. 3. Drain vegetables; reserve 1/2 cup liquid to pour over vegetables.
NOTE: 3.5 grams Cal/R butter flavored granules (2 tsp) mixed with 2 tbsp water may be added in Step 3.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER Variation 1
Q-41 (Mod)

EXCHANGES

1 Na-Cal/R Bread
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

113 Grams

CALORIES

80
305

GRAMS

PROTEIN 4.73

CARBOHYDRATE 15.07

FAT 0.41

mg

CALCIUM 32.26

PHOSPHORUS 81.68

IRON 2.01

SODIUM 10.57

POTASSIUM 148.89

MAGNESIUM 17.24

PEAS WITH CARROTS				
YIELD: 10 Portions (6 Cups)			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Peas, green, canned, drained, Na/R	2 lb	4 1/2 cups	907	1. Set aside peas for use in Step 3.
Liquid from drained peas with added water Carrots, fresh, sliced	8 oz	3 cups 1 1/2 cups	227	2. Add carrots to liquid from drained peas. Bring to boil and simmer 15 - 20 minutes or until tender. 3. Add peas to carrots and heat to simmering. 4. Drain vegetables; reserve 1/2 cup liquid to pour over vegetables.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Variation 2.
Q-41 (Mod)

EXCHANGES

1 Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

113 Grams

CALORIES

306 65

GRAMS

PROTEIN 4.81

CARBOHYDRATE 11.41

FAT 0.30

mg

CALCIUM 24.65

PHOSPHORUS 83.09

IRON 1.77

SODIUM 396.47

POTASSIUM 176.70

MAGNESIUM 21.05

PEAS WITH CELERY				
YIELD: 10 Portions (5 3/4 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Celery, fresh, diced, 1/4-inch Water, boiling Salt	8 oz	2 cups 1 cup 1/4 tsp	227	1. Add celery to salted water. Cook 10 minutes.
Peas, frozen	2 lb	4 1/2 cups	907	2. Add peas to celery. Return to boil and simmer 6 to 8 minutes or until tender. 3. Drain vegetables; reserve 1/2 cup liquid to pour over vegetables.
NOTE: 3.5 grams Cal/R butter flavored granules (2 tsp) mixed with 2 tbsp water may be added in Step 3.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Variation 2
Q-41 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Bland Bread
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

113 Grams

CALORIES

79

307

GRAMS

PROTEIN 4.87

CARBOHYDRATE 14.65

FAT 0.39

mg

CALCIUM 32.99

PHOSPHORUS 85.30

IRON 2.08

SODIUM 23.41

POTASSIUM 164.08

MAGNESIUM 17.24

PEAS WITH CELERY				
YIELD: 10 Portions (5 3/4 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Peas, green, canned, drained, Na/R	2 lb	4 1/2 cups	907	1. Set aside peas for use in Step 3.
Liquid from drained peas Celery, fresh, diced,	8 oz	1 cup 2 cups	227	2. Add celery to liquid from drained peas. Bring to boil and simmer 10 minutes. 3. Add peas to celery and heat to simmering. 4. Drain vegetables; reserve 1/2 cup liquid to pour over vegetables.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Variation 3
Q-41 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Bread Exchange

NUTRITIONAL ANALYSIS- OF ONE SERVING

113 Grams

CALORIES

68

308

GRAMS

PROTEIN 4.90

CARBOHYDRATE 12.18

FAT 0.30

mg

CALCIUM 23.44

PHOSPHORUS 84.77

IRON 1.81

SODIUM 436.22

POTASSIUM 147.43

MAGNESIUM 19.18

PEAS WITH ONIONS				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped Water, boiling Salt	8 oz	1 1/2 cups 2 cups 1/2 tsp	227 3	1. Add onions to salted water; bring to a boil and simmer 10 minutes.
Peas, frozen	2 lb	4 1/2 cups	907	2. Add peas to onions; return to boil and simmer 6 minutes or until tender. 3. Drain peas and onions. Reserve 1/2 cup liquid to add to vegetables.
NOTE: 3.5 grams Cal/R butter flavored granules (2 tsp) mixed with 2 tbsp water may be added in Step 3.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER Variation 3
Q-41 (Mod)

EXCHANGES

1 Na-Cal/R Bread
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

113 Grams

CALORIES

80

309

PROTEIN

4.79

CARBOHYDRATE

14.93

FAT

0.39

mg

CALCIUM

30.22

PHOSPHORUS

81.23

IRON

1.97

SODIUM

4.67

POTASSIUM

123.47

MAGNESIUM

15.20

PEAS WITH ONIONS				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Peas, green, canned drained, Na/R	2 lb	4 1/2 cups	907	1. Set aside peas for use in Step 3.
Liquid from drained peas with added water Onions, dry, chopped	8 oz	2 cups 1 1/2 cups	227	2. Add onions to liquid from drained peas. Bring to boil and simmer 10 minutes. 3. Add peas and heat to simmering. 4. Drain vegetables; reserve 1/2 cup liquid to serve over vegetables.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-44 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

- 1 Cal/R Bread Exchange and
- 1 Na-Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

310

93

GRAMS

PROTEIN 2.60
CARBOHYDRATE 21.10
FAT 0.10

mg

CALCIUM 9.00
PHOSPHORUS 65.00
IRON 0.70
SODIUM 4.00
POTASSIUM 503.00
MAGNESIUM 34.00

BAKED POTATO				
YIELD: 10 Portions			EACH PORTION: 1 Small Potato	
PAN SIZE: 18 by 26 - inch Sheet Pan			TEMPERATURE: 400° F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh, medium size, baking type, A.P.	2 lb 13 oz	10 each	1276	1. Scrub potatoes well. Remove any blemishes; place on sheet pan. Prick skin with fork to allow steam to escape. 2. Bake 1 hour or until done. 3. Cut potato to weigh 100 grams.
RENAL DIET: Cut potato to weigh 70 grams in Step 3.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-48 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

65

311

GRAMS

PROTEIN

1.90

CARBOHYDRATE

14.50

FAT

0.10

mg

CALCIUM

7.52

PHOSPHORUS

42.36

IRON

0.50

SODIUM

234.55

POTASSIUM

285.02

MAGNESIUM

19.71

MASHED POTATOES				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh, peeled Water	2 lb 3 1/4 oz	To Cover	1000	1. Cover potatoes with water; bring to a boil; reduce heat; simmer 15 minutes or until tender. 2. Drain well. 3. Beat potatoes in mixer bowl at low speed until broken into smaller pieces.
Water, hot Salt		1/4 cup 1 tsp	6	4. Add salted water to potatoes and beat at high speed until smooth.
NOTE: 1. In Step 1, 2 lb 8 oz fresh white potatoes A.P. will yield 2 lb 3 1/4 oz peeled potatoes. 2. 7 Grams Cal/R Butter flavored granules (1 1/3 tbsp) may be mixed with water in Step 4 to add more flavor.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-48 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

65

312

GRAMS

PROTEIN 1.90

CARBOHYDRATE 14.50

FAT 0.10

mg

CALCIUM 6.00

PHOSPHORUS 42.00

IRON 0.50

SODIUM 2.00

POTASSIUM 285.00

MAGNESIUM 19.00

MASHED POTATOES				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh, peeled Water	2 lb 3 1/4 oz	To cover	1000	1. Cover potatoes with water; bring to a boil; reduce heat; simmer 15 minutes or until tender. 2. Drain well. 3. Beat potatoes in mixer bowl at low speed until broken into smaller pieces.
Water, hot		1/4 cup		4. Add water to potatoes and beat at high speed until smooth.
NOTE: In Step 1, 2 lb 8 oz fresh white potatoes A.P. will yield 2 lb 3 1/4 oz peeled potatoes.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-48 (Mod)

RENAL

EXCHANGES

1 Renal Vegetable II
Exchange (List 11)

NUTRITIONAL ANALYSIS OF ONE SERVING

75 Grams

CALORIES

86

313

GRAMS

PROTEIN 1.36

CARBOHYDRATE 10.17

FAT 4.69

mg

CALCIUM 5.34

PHOSPHORUS 30.31

IRON .35

SODIUM 1.97

POTASSIUM 200.81

MAGNESIUM 13.41

MASHED POTATOES				
YIELD: 10 Portions			EACH PORTION: 1/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh, pared Water	1 lb 8 2/3 oz	to cover	700	1. Cover potatoes with water; bring to a boil; reduce heat; simmer 15 minutes or until tender. 2. Drain well.
Butter, sweet (Na/R)	2 oz	1/4 cup	57	3. Add butter to potatoes. Beat potatoes in small mixer bowl at low speed until broken into smaller pieces. 4. Beat at high speed until smooth.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Variation 3
Q-50 (Mod)

EXCHANGES

1 Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

71

314

GRAMS

PROTEIN 2.15

CARBOHYDRATE 16.00

FAT 0.13

mg

CALCIUM 9.58

PHOSPHORUS 48.49

IRON 0.66

SODIUM 279.64

POTASSIUM 350.49

MAGNESIUM 23.40

OVEN-GLO POTATOES				
YIELD: 10 Portions			EACH PORTION: 3 Wedges	
PAN SIZE: 13" x 9" Roasting Pan 4 1/2 Quart Saucepan			TEMPERATURE: 400°F Oven	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh, peeled, cut in 30 wedges (1 1/2 x 1 1/2 x 1 inch) Water Salt	2 lb 4 oz	To cover 1 tsp	1021 6	1. Cover potatoes with salted water; bring to a boil; reduce heat, cover, and simmer 10 to 15 minutes. 2. Drain; place in roasting pan.
Tomato paste, canned Water Garlic, dehydrated	2 oz	3 3/4 tbsp 1/2 cup 1/4 tsp	57	3. Combine tomato paste, water, and garlic; mix thoroughly. 4. Pour tomato mixture over potatoes; blend. 5. Bake 45 minutes.
NOTE: 3.5 grams Cal/R butter flavored granules (2 tsp) mixed with 2 tbsp water may be added in Step 3.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Variation 3
Q-50 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Bread
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

315 71

GRAMS

PROTEIN 2.15

CARBOHYDRATE 16.00

FAT 0.13

mg

CALCIUM 8.06

PHOSPHORUS 48.13

IRON 0.66

SODIUM 3.77

POTASSIUM 350.47

MAGNESIUM 22.69

OVEN-GLO POTATOES				
YIELD: 10 Portions			EACH PORTION: 3 Wedges	
PAN SIZE: 13" x 9" Roasting Pan 4 1/2 Quart Saucepan		TEMPERATURE: 400°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh, peeled, cut in 30 wedges (1 1/2 x 1 1/2 x 1-inch) Water	2 lb 4 oz	To cover	1021	1. Cover potatoes with water; bring to a boil; reduce heat, cover, and simmer 10 15 minutes. 2. Drain; place in roasting pan.
Tomato paste, canned, Na/2 Water Garlic, dehydrated	2 oz	3 3/4 tbsp 1/2 cup 1/4 tsp	57	3. Combine tomato paste, water, and garlic; mix thoroughly. 4. Pour tomato mixture over potatoes; blend. 5. Bake 45 minutes.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-58 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

85 Grams

CALORIES

316 30

GRAMS

PROTEIN 0.77
CARBOHYDRATE 6.98
FAT 0.85

mg

CALCIUM 53.25
PHOSPHORUS 27.10
IRON 0.26
SODIUM 234.25
POTASSIUM 142.17
MAGNESIUM 10.79

MASHED RUTABAGA				
YIELD: 10 Portions (2 1/2 Cups)			EACH PORTION: 1/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Rutabagas, fresh, peeled, cut into small pieces Water Salt	1 lb 14 oz	5 cups 2 quarts 2 tsp	851 12	1. Add rutabagas to salted water. 2. Bring to a boil, boil gently, UNCOVERED, 30 minutes or until rutabagas are tender. 3. Drain well. 4. Place rutabagas in mixer bowl; whip at high speed until free of lumps. Scrape down bowl; whip at high speed 2 minutes more or until smooth and fluffy.
NOTE: One quarter cup mashed rutabaga is equivalent in nutrients to 1/2 cup cooked and diced rutabaga.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-58 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

85 Grams

CALORIES

317 30

GRAMS

PROTEIN 0.77

CARBOHYDRATE 6.98

FAT 0.09

mg

CALCIUM 50.21

PHOSPHORUS 23.38

IRON 0.26

SODIUM 3.40

POTASSIUM 142.12

MAGNESIUM 9.36

MASHED RUTABAGA				
YIELD: 10 Portions			EACH PORTION: 1/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Rutabagas, fresh, peeled, cut into small pieces Water	1 lb 14 oz	5 cups 2 quarts	851	1. Add rutabagas to water. 2. Bring to a boil, boil gently, UNCOVERED, 30 minutes or until rutabagas are tender. 3. Drain well. 4. Place rutabagas in mixer bowl; whip at high speed until free of lumps. Scrape down bowl; whip at high speed 2 minutes more or until smooth and fluffy.
NOTE: One quarter cup mashed rutabaga is equivalent in nutrients to 1/2 cup cooked and diced rutabaga.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-58 (Mod)

RENAL

EXCHANGES

1 Renal Vegetable I
Exchange (List 10)

NUTRITIONAL ANALYSIS OF ONE SERVING

85 Grams +
14 Grams Butter

CALORIES

318 131

GRAMS

0.85

7.04

11.59

mg

53.05

28.65

0.26

4.82

145.38

9.65

DICED RUTABAGA				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Rutabagas, fresh, peeled, cut into 1/2-inch dices Water	1 lb. 14 oz	5 cups 2 quarts	851	1. Add rutabagas to water. 2. Bring to a boil; simmer gently uncovered, 30 minutes or until rutabagas are tender. 3. Drain well.
Butter, sweet, Na/R	5 oz	2/3 cup	142	4. Add 1 tbsp butter to each portion rutabaga.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND, NA-CAL/R BLAND, AND RENAL

RECIPE NUMBER Q-61 (Mod)

EXCHANGES 1 Cal/R
Bread, 1 Na-Cal/R Bread
or 1 Renal Vegetable II
(List 11) Exchange
**NUTRITIONAL ANALYSIS
OF ONE SERVING**

120 Grams (without peeling)

CALORIES

319 60

GRAMS

PROTEIN 2.16

CARBOHYDRATE 14.04

FAT 0.48

mg

CALCIUM 28.80

PHOSPHORUS 46.80

IRON 0.96

SODIUM 1.20

POTASSIUM 325.20

MAGNESIUM 22.80

BAKED HUBBARD SQUASH (OR ACORN SQUASH)				
YIELD: 10 Portions			EACH PORTION: 1 Piece	
PAN SIZE: 13 by 9-inch Roasting Pan		TEMPERATURE: 350°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Squash, fresh, hubbard or acorn	3 lb 4 oz		1471	<ol style="list-style-type: none">1. Cut squash in half; remove seeds. Cut into 10 - 4 1/2 oz pieces.2. Place squash in pan; cover pans.3. Bake 45 minutes; remove cover; bake 15 minutes longer or until tender and lightly browned.
NOTE: In Step 1, 3 lb 4 oz fresh hubbard or acorn squash AP will yield 2 lb 10 1/4 oz (1200 grams) cooked squash EP.				

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Q-62 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

22

320

GRAMS

PROTEIN

1.20

CARBOHYDRATE

4.71

FAT

0.18

mg

CALCIUM

68.92

PHOSPHORUS

28.77

IRON

0.59

SODIUM

180.33

POTASSIUM

217.26

MAGNESIUM

12.38

CREOLE SUMMER SQUASH

YIELD: 10 Portions (5 Cups)

EACH PORTION: 1/2 Cup

PAN SIZE: 4 1/2 Quart Saucepan

TEMPERATURE:

INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped	1 1/3 oz	1/4 cup	38	1. Dry saute onions, celery and peppers until tender. 2. Combine sauted vegetables, squash, salt, and water. 3. Bring to a boil. Cover; reduce heat. Simmer 10 minutes.
Celery, fresh, chopped	1 1/3 oz	1/4 cup	38	
Peppers, green, sweet, chopped	1 1/3 oz	1/4 cup	38	
Squash, fresh, summer, sliced	1 lb 7 1/2 oz	3 cups	666	
Salt		1/2 tsp	3	
Water, boiling		4 oz		
Tomatoes, canned, crushed	1 lb	2 cups	454	4. Add tomatoes, garlic, cinnamon and parsley. 5. Bring to a boil. Reduce heat; simmer 5 minutes.
Garlic, dehydrated		1/8 tsp		
Cinnamon, ground		1/8 tsp		
Parsley, dehydrated		1 tsp		
NOTE: A noncaloric vegetable spray may be used in Step 1 to prevent sticking.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER Q-62 (Mod)

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

321 21

GRAMS

PROTEIN 1.20

CARBOHYDRATE 4.67

FAT 0.18

mg

CALCIUM 69.20

PHOSPHORUS 28.59

IRON 0.59

SODIUM 6.85

POTASSIUM 217.48

MAGNESIUM 12.03

CREOLE SUMMER SQUASH				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped	1 1/3 oz	1/4 cup	38	1. Dry saute onions, celery and peppers until tender. 2. Combine sauted vegetables, squash and water. 3. Bring to a boil. Cover; reduce heat. Simmer 10 minutes.
Celery, fresh, chopped	1 1/3 oz	1/4 cup	38	
Peppers, green, sweet, chopped	1 1/3 oz	1/4 cup	38	
Squash, fresh, summer, sliced	1 lb 7 1/2 oz	3 cups	666	
Water, boiling		4 oz		
Tomatoes, canned, Na/R crushed	1 lb	2 cups	454	4. Add tomatoes, garlic, cinnamon, and parsley. 5. Bring to a boil. Reduce heat; simmer 5 minutes.
Garlic, dehydrated		1/8 tsp		
Cinnamon, ground		1/8 tsp		
Parsley, dehydrated		1 tsp		
NOTE: A noncaloric vegetable spray may be used in Step 1 to prevent sticking.				

RECIPE FOR MODIFIED DIETS

CAL/R BLAND, NA-CAL/R BLAND, AND RENAL

RECIPE NUMBER Q-66 (Mod)

EXCHANGES 1 Cal/R Bread,
1 Na-Cal/R Bread, or 1 Renal
Vegetable II Exchange
(List 11)

NUTRITIONAL ANALYSIS OF ONE SERVING

60 Grams (No peeling)

CALORIES

85

320

GRAMS

PROTEIN 1.26

CARBOHYDRATE 19.50

FAT 0.30

mg

CALCIUM 24.00

PHOSPHORUS 34.80

IRON 0.54

SODIUM 7.20

POTASSIUM 180.00

MAGNESIUM 20.40

BAKED SWEET POTATO				
YIELD: 10 Portions			EACH PORTION: 1 Piece Potato	
PAN SIZE: 12" x 18" Sheet Pan		TEMPERATURE: 400°F Oven		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, sweet, fresh, A.P.	2 lb		907	<ol style="list-style-type: none">1. Scrub potatoes well; dry; and remove any blemishes.2. Place on half sheet pan.3. Prick skin with fork to allow steam to escape.4. Bake 45 minutes or until done.5. Cut potatoes into 10 -2 1/2 oz portions.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-69 (Mod)

CAL/R BLAND AND NA-CAL/R BLAND

EXCHANGES

1 Cal/R Bread Exchange and
1 Na-Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

60 Grams

CALORIES

105

GRAMS

PROTEIN 1.57

CARBOHYDRATE 24.33

FAT 0.37

mg

CALCIUM 30.50

PHOSPHORUS 43.26

IRON 0.69

SODIUM 8.89

POTASSIUM 227.06

MAGNESIUM 25.37

MASHED SWEET POTATO				
YIELD: 10 PORTIONS (2 1/2 Cups)			EACH PORTION: 1/4 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, sweet, fresh, peeled, diced Water, boiling	1 lb 10 oz	2 Quarts	737	1. Add sweet potatoes to boiling water; cover and boil 15 minutes or until tender. Drain and reserve 2 tbsp liquid.
Cinnamon Orange Juice	1 oz	1/4 tsp 2 tbsp	28	2. Mash sweet potatoes. Add cinnamon, orange juice and reserved liquid.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-69 (Mod)

RENAL

EXCHANGES

1 Renal Vegetable II
Exchange (List 11)

NUTRITIONAL ANALYSIS OF ONE SERVING

70 Grams

CALORIES

324 206

GRAMS

PROTEIN 1.64
CARBOHYDRATE 24.06
FAT 11.87

mg

CALCIUM 33.06
PHOSPHORUS 45.06
IRON 0.69
SODIUM 10.28
POTASSIUM 224.67
MAGNESIUM 25.38

MASHED SWEET POTATOES				
YIELD: 10 Portions (3 1/3 Cups)			EACH PORTION: 1/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, sweet, fresh, peeled, diced Water, boiling	1 lb 10 oz	2 Quarts	737	1. Add sweet potatoes to boiling water; cover and boil 15 minutes or until tender. Drain.
Cinnamon, ground Butter, sweet, Na/R	2 oz	1/4 tsp 1/4 cup	57	2. Mash sweet potatoes. Add cinnamon and butter.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Q-73 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

22

GRAMS

PROTEIN 1.01

CARBOHYDRATE 5.03

FAT 0.19

mg

CALCIUM 29.89

PHOSPHORUS 23.30

IRON 0.54

SODIUM 150.22

POTASSIUM 299.58

MAGNESIUM 12.21

STEWED TOMATOES				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped	2 2/3 oz	1/2 cup	75	1. Combine onions, peppers and celery and dry saute until tender.
Peppers, fresh, chopped	2 2/3 oz	1/2 cup	75	
Celery, fresh, chopped	1 1/4 oz	1/4 cup	35	
Tomatoes, canned, whole	2 lb	4 cups	907	2. Add tomatoes and cinnamon to onion mixture. Heat thoroughly.
Cinnamon, ground		1/4 tsp		
NOTE: In Step 1, a noncaloric vegetable spray may be used to prevent sticking.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-73 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

326

23

GRAMS

PROTEIN

1.12

CARBOHYDRATE

4.91

FAT

0.21

mg

CALCIUM

34.43

PHOSPHORUS

22.39

IRON

0.55

SODIUM

10.54

POTASSIUM

234.27

MAGNESIUM

2.24

STEWED TOMATOES				
YIELD: 10 Portions (5 Cups)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped	2 2/3 oz	1/2 cup	75	1. Combine onions, peppers and celery and dry saute until tender.
Peppers, fresh, chopped	2 2/3 oz	1/2 cup	75	
Celery, fresh, chopped	1 1/4 oz	1/4 cup	35	
Tomatoes, canned, whole, Na/R	2 lb	4 cups	907	2. Add tomatoes and cinnamon to onion mixture. Heat thoroughly.
Cinnamon, ground		1/4 tsp		
NOTE: In Step 1, a noncaloric vegetable spray may be used to prevent sticking.				

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Q-77 (Mod)

EXCHANGES

1 Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

327 74

GRAMS

PROTEIN 2.18

CARBOHYDRATE 16.5

FAT 0.12

mg

CALCIUM 8.98

PHOSPHORUS 48.25

IRON 0.61

SODIUM 118.86

POTASSIUM 328.29

MAGNESIUM 22.19

PARSLEY POTATOES				
YIELD: 10 Portions (7 Cups)			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh, peeled, diced, 1/2 inch Water	2 lb 8 oz	7 1/2 cups to cover	1134	1. Cover potatoes with water; bring to a boil; reduce heat. Cover, simmer 15 minutes or until tender. 2. Drain; reserve 1/4 cup liquid; place in pan.
Salt Butter flavored granules Parsley, fresh, chopped		1/2 tsp 1 1/3 tbsp 2 tbsp	3 7 7	3. Combine reserved liquid, salt, and butter flavored granules; pour over potatoes.
<p>NOTE: If larger potato pieces are desired, cut into 1 1/2 inch pieces in Step 1. Serving portion will need to be weighed.</p> <p>VARIATION: Paprika Potatoes: Follow Steps 1 and 2. In Step 3, omit parsley. Sprinkle 1/4 tsp paprika over potatoes.</p>				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-77 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Bread Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

74

328

GRAMS

PROTEIN 2.18

CARBOHYDRATE 16.50

FAT 0.12

mg

CALCIUM 8.23

PHOSPHORUS 48.07

IRON 0.61

SODIUM 2.58

POTASSIUM 328.28

MAGNESIUM 21.83

PARSLEY POTATOES				
YIELD: 10 Portions (7 Cups)			EACH PORTION: 2/3 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh, peeled, diced 1/2- inch Water	2 lb 8 oz	7 1/2 cups to cover	1134	1. Cover potatoes with water, bring to a boil; reduce heat. Cover; simmer 15 minutes or until tender. 2. Drain.
Parsley, fresh, chopped		2 tbsp	7	3. Sprinkle parsley over potatoes.
<p>NOTE: If larger potato pieces are desired, cut into 1 1/2 inch pieces in Step 1. Serving portion will need to be weighed.</p> <p>VARIATION: Paprika Potatoes: Follow Steps 1 and 2. In Step 3, omit parsley. Sprinkle 1/4 tsp paprika over potatoes.</p>				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-77 (Mod)

RENAL

EXCHANGES

1 Renal Vegetable II
Exchange (List 11)

NUTRITIONAL ANALYSIS OF ONE SERVING

50 Grams

CALORIES

329 74

GRAMS

PROTEIN 1.03

CARBOHYDRATE 7.48

FAT 4.67

mg

CALCIUM 5.62

PHOSPHORUS 22.73

IRON 0.30

SODIUM 1.91

POTASSIUM 151.75

MAGNESIUM 10.09

PARSLEY BUTTERED POTATOES				
YIELD: 10 Portions (3 1/3 Cups)			EACH PORTION: 1/3 Cup	
PAN SIZE 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh, peeled, diced 1/2 inch Water	1 lb 2 oz	3 1/3 cups To cover	510	1. Cover potatoes with water; bring to a boil, reduce heat. 2. Cover, simmer 15 minutes or until tender. Drain.
Butter, sweet, Na/R, melted Parsley, fresh, chopped	2 oz	1/4 cup 2 tbsp	57	3. Pour butter over potatoes and toss lightly. 4. Sprinkle parsley over potatoes.
VARIATION: Paprika Buttered Potatoes. 1/4 tsp paprika may be substituted for parsley in Step 4.				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-78 (Mod)

CAL/R BLAND
(Not Allowed on Lactose Restricted Diets)

EXCHANGES

1 Cal/R Bread Exchange and
1 Cal/R Meat Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

140 Grams

CALORIES

330 167

GRAMS

PROTEIN 9.02

CARBOHYDRATE 22.33

FAT 4.91

mg

CALCIUM 130.85

PHOSPHORUS 164.64

IRON 0.90

SODIUM 196.14

POTASSIUM 540.32

MAGNESIUM 41.78

DOUBLE BAKED POTATO				
YIELD: 10 Portions			EACH PORTION: 1/2 Potato	
PAN SIZE: 13" by 9" Roasting Pan			TEMPERATURE: 400°F Oven.	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh	2 lb 4 oz	5 - 200 gram potatoes	1000	1. Scrub potatoes thoroughly, removing any blemishes. Prick skin with fork to allow steam to escape. 2. Bake one hour or until done. Cool.
Cheese, cottage, low fat	8 oz	1 1/4 cup	227	3. Cut potatoes in half lengthwise. Scoop out centers and mash for use in Step 4. Set shells aside for use in Step 5. 4. Combine cheeses, water, salt, onions, and paprika with reserved potato. Mix gently until blended. 5. Place filling in reserved shells, slightly rounding tops. Place in pan and bake until tops are lightly browned. (Each portion should weigh 140 grams).
Cheese, shredded	5 oz	1 1/4 cup	142	
Water		1/4 cup		
Salt		1/2 tsp	3	
Onions, dry, minced	1 1/4 oz	1/4 cup	35	
Paprika, ground		1/8 tsp		
NOTE: 1. If using potatoes with different weights, cut potatoes to 100 grams in Step 3, and discard tops. 2. 10 Cal/R Meat Exchanges = 5 Cal/R Meat Exchange Cottage Cheese: 227 g (1 1/4 cup) and 5 Cal/R Meat Exchange Cheese, Shredded: 142 g (1 1/4 cup).				

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-78 (Mod)

NA-CAL/R BLAND

(Not Allowed on Lactose Restricted Diets)

DOUBLE BAKED POTATO				
YIELD: 10 Portions			EACH PORTION: 1/2 Potato	
PAN SIZE: 13" x 9" Roasting Pan		TEMPERATURE: 400°F Oven.		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Potatoes, white, fresh	2 lb 4 oz	5-200 gram potatoes	1000	1. Scrub potatoes thoroughly removing any blemishes. Place on pan. Prick skin with fork to allow steam to escape. 2. Bake one hour or until done. Cool.
Cheese, cottage, Na/R	8 oz	1 1/4 cup	227	3. Cut potatoes in half lengthwise. Scoop out centers and mash for use in Step 4. Set shells aside for use in Step 5. 4. Combine cheeses, water, onions, paprika with reserved potato. Mix gently until blended. 5. Place filling in reserved shells, slightly rounding tops. Place in pan and bake until tops are lightly browned. (Each portion should weigh 140 grams).
Cheese, shredded, Na/R	5 oz	1 1/4 cup	142	
Water		1/4 cup		
Onions, dry, minced	1 1/4 oz	1/4 cup	35	
Paprika, ground		1/8 tsp		
NOTE: 1. If using potatoes with different weights, cut potatoes lengthwise to 100 grams in Step 3, and discard tops. 2. 10 Na-Cal/R Meat Exchanges = 5 Na-Cal/R Meat Exchange Cottage Cheese, Na/R: 227 (1 1/4 cups) and 5 Na-Cal/R Meat Exchange Cheese, shredded, Na/R: 142 g (1 1/4 cups).				

EXCHANGES

1 Na-Cal/R Bread Exchange
and 1 Na-Cal/R Meat Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

140 Grams

CALORIES

331 167

GRAMS

PROTEIN 9.02

CARBOHYDRATE 22.34

FAT 4.91

mg

CALCIUM 130.35

PHOSPHORUS 164.66

IRON 0.90

SODIUM 22.20

POTASSIUM 540.36

MAGNESIUM 41.79

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER Q-81 (Mod)

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

25

GRAMS

PROTEIN 1.29

CARBOHYDRATE 5.43

FAT 0.20

mg

CALCIUM 64.66

PHOSPHORUS 27.97

IRON 0.70

SODIUM 294.13

POTASSIUM 234.91

MAGNESIUM 9.85

RATATOUILLE				
YIELD: 5 Cups (10 Portions)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, sliced thinly 1/8 inch	2 2/3 oz	1/2 cup	75	1. Using a nonstick vegetable spray in saucepan, stir cook onions and peppers 10 minutes or until tender. Sprinkle with garlic.
Peppers, green, sweet, 1/8 inch sliced	2 2/3 oz	3/4 cup	75	
Garlic, dehydrated		1/4 tsp		
Eggplant, fresh, unpeeled, quartered, 1/4 inch slices	9 oz	2 cups	255	2. Add eggplant, zucchini and water. Mix well. 3. Cover and simmer until tender.
Zucchini Squash, 1/4 inch slices	9 oz	2 cups	255	
Water	4 oz	1/2 cup		
Tomatoes, canned, crushed	1 lb	2 cups	454	4. Add tomatoes, bay leaf, thyme, basil and salt. Simmer 15 minutes.
Bay leaf		1/2 leaf		
Thyme		1/2 tsp		
Basil, sweet, ground		1/4 tsp		
Salt		1 tsp	6	

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER Q-81 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

100 Grams

CALORIES

25
333

GRAMS

PROTEIN 1.29

CARBOHYDRATE 5.38

FAT 0.20

mg

CALCIUM 63.14

PHOSPHORUS 27.61

IRON 0.70

SODIUM 3.92

POTASSIUM 234.89

MAGNESIUM 9.13

RATATOUILLE				
YIELD: 5 Cups (10 Portions)			EACH PORTION: 1/2 Cup	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, sliced thinly 1/8 inch	2 2/3 oz	1/2 cup	75	1. Using a nonstick vegetable spray in saucepan, stir cook onions and peppers 10 minutes or until tender. Sprinkle with garlic.
Peppers, green, sweet 1/8 inch sliced	2 2/3 oz	3/4 cup	75	
Garlic, dehydrated		1/4 tsp		
Eggplant, fresh, unpeeled, quartered, 1/4 inch slices	9 oz	2 cups	155	2. Add eggplant, zucchini and water. Mix well. 3. Cover and simmer until tender.
Zucchini squash, 1/4 inch slices	9 oz	2 cups	255	
Water	4 oz	1/2 cup		
Tomatoes, canned, Na/R crushed	1 lb	2 cups	454	4. Add tomatoes, bay leaf, thyme, and basil. Simmer 15 minutes.
Bay leaf		1/2 leaf		
Thyme		1/2 tsp		
Basil, sweet, ground		1/4 tsp		

**SAUCES AND GRAVIES
RECIPE INDEX**

<u>AFRS Recipe</u>	<u>Cal/R Bland</u>	<u>Page</u>	<u>Na-Cal/R Bland</u>	<u>Page</u>	<u>Renal</u>	<u>Page</u>
0-5 Creole Sauce	0-5 (Mod)	335	0-5 (Mod)	336	- - -	
0-16 Brown Gravy	0-16 (Mod)	337	0-16 (Mod)	338	- - -	
0-16 Variation 1 Turkey Gravy	0-16 (Mod) Variation 1	337	0-16 (Mod) Variation 1	338	- - -	

DESSERTS

<u>AFRS Recipe</u>	<u>Cal/R Bland</u>	<u>Page</u>	<u>Na-Cal/R Bland</u>	<u>Page</u>	<u>Renal</u>	<u>Page</u>
J-6 Fruit Cup Apple, Orange, Peach, Pear, and Pineapple	J-6 (Mod)	339	J-6 (Mod)	339	J-6 (Mod)	341
Variation 1, Banana Fruit Cup	J-6 (Mod) Variation 1	339	J-6 (Mod) Variation 1	339	- - -	
Variation 2, Melon Fruit Cup	J-6 (Mod) Variation 2	339	J-6 (Mod) Variation 2	339	- - -	
Variation 3, Strawberry Fruit Cup	J-6 (Mod) Variation 3	339	J-6 (Mod) Variation 3	339	- - -	
J-9 Stewed Prunes	J-9 (Mod)	342	J-9 (Mod)	342	- - -	
JJ-14 Baked Custard	J-14 (Mod)	343	J-14 (Mod)	343	- - -	

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER 0-5 (Mod)

CAL/R BLAND

EXCHANGES

1 Cal/R Vegetable Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

31

335

GRAMS

PROTEIN

1.02

CARBOHYDRATE

6.83

FAT

0.17

mg

CALCIUM

72.75

PHOSPHORUS

21.11

IRON

0.50

SODIUM

315.68

POTASSIUM

187.44

MAGNESIUM

6.16

CREOLE SAUCE				
YIELD: 10 Portions (1 Quart)			EACH PORTION: 3 Ounces	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped Peppers, sweet, fresh, chopped Celery, fresh, chopped	5 1/3 oz 5 1/3 oz 2 2/3 oz	1 cup 1 cup 1/2 cup	151 151 75	1. Stir cook (using nonstick vegetable spray in saucepan) onions, peppers, and celery. Cook slowly until tender.
Salt Juice, lemon Tomatoes, canned, crushed Basil, sweet, ground Garlic, dehydrated		1 tsp 1/4 tsp 2 1/2 cups 1 tsp 3/4 tsp	6 567	2. Add salt, lemon juice, tomatoes, basil, and garlic. Heat to simmering.
Water, cold Starch, modified, edible		1/3 cup 3 tbsp	27	3. Combine starch and water to make a slurry. Add to sauce while stirring. Return to simmer. 4. Add water to give yield if necessary.

RECIPE FOR MODIFIED DIETS

RECIPE NUMBER 0-5 (Mod)

NA-CAL/R BLAND

EXCHANGES

1 Na-Cal/R Vegetable
Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

336 30

GRAMS

PROTEIN 1.02

CARBOHYDRATE 6.78

FAT 0.17

mg

CALCIUM 71.23

PHOSPHORUS 20.75

IRON 0.50

SODIUM 11.12

POTASSIUM 187.42

MAGNESIUM 5.44

CREOLE SAUCE				
YIELD: 10 Portions (1 Quart)			EACH PORTION: 3 Ounces	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Onions, dry, chopped	5 1/3 oz	1 cup	151	1. Stir cook (using nonstick vegetable spray in saucepan) onions, celery, and peppers. Cook slowly until tender.
Peppers, sweet, fresh, chopped	5 1/3 oz	1 cup	151	
Celery, fresh, chopped	2 2/3 oz	1/2 cup	75	
Juice, lemon		1/4 tsp		2. Add lemon juice, tomatoes, basil, and garlic. Heat to simmering.
Tomatoes, canned, Na/R, crushed		2 1/2 cups	567	
Basil, sweet, ground		1 tsp		
Garlic, dehydrated		3/4 tsp	2	
Water, cold		1/3 cup		3. Combine starch and water to make a slurry. Add to sauce while stirring. Return to simmer.
Starch, modified, edible		3 tbsp	27	
				4. Add water to give yield if necessary.

RECIPE FOR MODIFIED DIETS

CAL/R BLAND

RECIPE NUMBER 0-16 (Mod)

EXCHANGES

Free Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

18

337

GRAMS

PROTEIN 0.63

CARBOHYDRATE 3.26

FAT 0.28

mg

CALCIUM 12.57

PHOSPHORUS 11.39

IRON 0.25

SODIUM 479.13

POTASSIUM 17.97

MAGNESIUM 2.21

BROWN GRAVY				
YIELD: 1 Quart			EACH PORTION: 3 Ounces	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Flour, wheat, general purpose		1 2/3 tbsp	15	1. Combine flour and starch and blend well.
Starch, edible, modified		2 tbsp	15	
Water, cold	1 oz	1 quart	28	2. Add flour and starch mixture to cold water. Using wire whip, mix until free of lumps.
Soup and Gravy Base, beef flavored		3 tbsp		
Caramel color (optional)		1/8 tsp		
Thyme, ground		1/4 tsp		
Garlic, dehydrated		1/4 tsp		
NOTE: Beef broth from simmered beef may be substituted for water and soup and gravy base in Step 2. Chill to remove all fat before using.				
VARIATION 1. Turkey Gravy. Soup and Gravy Base, chicken flavored, may be substituted for Soup and Gravy Base, beef flavored in Step 3.				

RECIPE FOR MODIFIED DIETS

NA-CAL/R BLAND

RECIPE NUMBER 0-16 (Mod)

EXCHANGES

Free Na-Calorie Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

18

GRAMS

PROTEIN

0.63

CARBOHYDRATE

3.26

FAT

0.28

mg

CALCIUM

12.57

PHOSPHORUS

11.39

IRON

0.25

SODIUM

4.33

POTASSIUM

17.97

MAGNESIUM

2.21

BROWN GRAVY				
YIELD: 1 Quart			EACH PORTION: 3 Ounces	
PAN SIZE: 4 1/2 Quart Saucepan		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Flour, wheat, general purpose		1 2/3 tbsp	15	1. Combine flour and starch and blend well.
Starch, edible, modified		2 tbsp	15	
Water, cold	1 oz	1 quart	28	2. Add flour and starch mixture to cold water. Using wire whip, mix until free of lumps.
Soup and Gravy Base, Na/R, beef flavored		3 tbsp		
Caramel color (optional)		1/8 tsp		
Thyme, ground		1/4 tsp		
Garlic, dehydrated		1/4 tsp		
NOTE: Na/R beef broth from Na/R simmered beef may be substituted for water and soup and gravy base in Step 2. Chill to remove all fat before using.				
VARIATION 1. Turkey Gravy. Soup and Gravy Base, Na/P, chicken flavored, may be substituted for Soup and Gravy Base, Na/R, beef flavored in Step 3.				

RECIPE FOR MODIFIED DIETS

CAL/R BLAND AND NA-CAL/R BLAND

RECIPE NUMBER J-6 (Mod)

EXCHANGES

1 Cal/R Fruit Exchange or
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

85 Grams

CALORIES

339

34

GRAMS

PROTEIN 0.47

CARBOHYDRATE 9.82

FAT 0.19

mg

CALCIUM 18.24

PHOSPHORUS 10.20

IRON 0.36

SODIUM 1.92

POTASSIUM 102.44

MAGNESIUM 6.15

FRUIT CUP				
YIELD: 10 Portions			EACH PORTION: 1/2 Cup	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Apples, fresh, eating, A.P. 2" diameter	5 1/2 oz	2 apples	160	1. Wash and core apples. Do not pare. 2. Peel oranges.
Oranges, fresh, A.P. small	7 oz	2 oranges	200	
Peach halves, quarters or slices, unsweet- ened, canned, drained	7 oz	4 halves or 1 cup	200	
Pears, halves or quarters, unsweet- ened, canned, drained	7 oz	4 halves	200	3. Cut apples, oranges, peaches, and pears into 3/4 inch pieces. Combine with pineapple. Blend well. 4. Cover and refrigerate until ready to serve.
Pineapple chunks or tidbits, unsweetened, canned, drained	5 1/2 oz	1 cup	160	
NOTE: Recipe combines 2 portions of each fruit.				
VARIATIONS: 1. Banana Fruit Cup: Follow Steps 1 and 2. In Step 3, omit peaches and pears; add 2 small bananas (240 grams, peeled and sliced). Follow Step 4. 2. Melon Fruit Cup: Follow Steps 1 and 2. In Step 3 omit pineapple. Add 1/2 cantaloupe (400 grams, pared and diced). Follow Step 4. 3. Strawberry Fruit Cup: Omit apples and pears in Step 1 and 3. Add 3 cups (460 grams) partially thawed, frozen, unsweetened strawberries (4 portions). Follow Step 4.				

CAL/R BLAND AND NA-CAL/R BLAND

J-6 (Mod)

Variation 1.
BANANA FRUIT CUP

Variation 2.
MELON FRUIT CUP

Variation 3.
STRAWBERRY FRUIT CUP

EXCHANGES

1 Cal/R Fruit Exchange
1 Na-Cal/R Fruit Exchange

EXCHANGES

1 Cal/R Fruit Exchange
1 Na-Cal/R Fruit Exchange

EXCHANGES

1 Cal/R Fruit Exchange
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

64 Grams

NUTRITIONAL ANALYSIS OF ONE SERVING

87 Grams

NUTRITIONAL ANALYSIS OF ONE SERVING

95 Grams

CALORIES

38

GRAMS

PROTEIN	0.56
CARBOHYDRATE	10.75
FAT	0.20

CALORIES

40

GRAMS

PROTEIN	0.74
CARBOHYDRATE	11.25
FAT	0.19

CALORIES

36

GRAMS

PROTEIN	0.72
CARBOHYDRATE	9.82
FAT	0.32

mg

CALCIUM	15.72
PHOSPHORUS	10.08
IRON	0.25
SODIUM	1.26
POTASSIUM	154.00
MAGNESIUM	10.80

mg

CALCIUM	20.72
PHOSPHORUS	13.40
IRON	0.36
SODIUM	5.76
POTASSIUM	216.60
MAGNESIUM	8.07

mg

CALCIUM	25.98
PHOSPHORUS	16.86
IRON	0.73
SODIUM	1.62
POTASSIUM	150.28
MAGNESIUM	9.12

RECIPE FOR MODIFIED DIETS

RENAL

RECIPE NUMBER J-6 (Mod)

EXCHANGES

1 Renal Fruit I Exchange
(List 6)

NUTRITIONAL ANALYSIS OF ONE SERVING

90 Grams

CALORIES

70

341

GRAMS

PROTEIN

0.29

CARBOHYDRATE

17.96

FAT

0.23

mg

CALCIUM

7.73

PHOSPHORUS

8.27

IRON

0.30

SODIUM

3.15

POTASSIUM

98.98

MAGNESIUM

8.03

FRUIT CUP				
YIELD: 10 Portions			EACH PORTION: 90 Grams	
PAN SIZE:		TEMPERATURE:		
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Apple, fresh, eating, A.P. 2" diameter	8 3/4 oz	2 1/2 apples	250	1. Wash and core apples. Do not pare. 2. Cut apples, peaches, pears, and pineapple into 3/4-inch pieces. Combine all four fruits and mix well. 3. Cover and refrigerate until ready to serve.
Peaches, sliced, canned, drained	6 oz	Scant cup	175	
Pears, canned, drained	8 3/4 oz	1 1/4 cup	250	
Pineapple, canned, drained	10 1/2 oz	1 1/4 cup	300	
NOTE: Recipe combines 2 1/2 portions of each fruit I from List 6, a total of 10 portions.				

RECIPE FOR MODIFIED DIETS

CAL/R BLAND AND NA-CAL/R BLAND

RECIPE NUMBER J-9 (Mod)

EXCHANGES

1 Cal/R Fruit Exchange or
1 Na-Cal/R Fruit Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

2 Medium Prunes

CALORIES

37

342

GRAMS

PROTEIN 0.46

CARBOHYDRATE 10.02

FAT 0.10

mg

CALCIUM 17.38

PHOSPHORUS 12.74

IRON 0.42

SODIUM 3.47

POTASSIUM 122.79

MAGNESIUM 6.75

[illegible]

RECIPE FOR MODIFIED DIETS

CAL/R BLAND AND NA-CAL/R BLAND

RECIPE NUMBER J-14 (Mod)

EXCHANGES

1 Cal/R Skim Milk Exchange
& 1 Cal/R Meat Exchange

NUTRITIONAL ANALYSIS OF ONE SERVING

200 Grams

CALORIES

163

343

GRAMS

PROTEIN

14.30

CARBOHYDRATE

13.62

FAT

5.42

mg

CALCIUM

345.20

PHOSPHORUS

330.95

IRON

1.20

SODIUM

186.17

POTASSIUM

470.30

MAGNESIUM

38.51

BAKED CUSTARD				
YIELD: 10 Portions			EACH PORTION: 3/4 Cup	
PAN SIZE: 12" x 10" Steamtable Pan (1/2 Size)			TEMPERATURE: 325°F Oven.	
INGREDIENTS	WEIGHTS	MEASURES	GRMS	METHOD
Milk, nonfat dry Water, hot	8 1/4 oz	1 2/3 cups 1 3/4 qt	234	1. Reconstitute milk. Set aside for use in Step 3.
Eggs, whole, slightly beaten Sweetener, low calorie Vanilla	1 lb	2 cups (10 eggs) 10 packets 1 tsp	454	2. Combine eggs, sweetener, and vanilla and beat thoroughly with a wire whip. 3. Gradually add milk; blend thoroughly. 4. Pour into ungreased pan.
Nutmeg, ground		1/8 tsp		5. Sprinkle top of mixture lightly with nutmeg. 6. Bake about 45 minutes or until custard is firm. Cover; refrigerate until ready to serve. 7. Cut 2 by 5.
NOTES: 1. Nonfat dry milk is reconstituted to yield 7 1/2 cups (3/4 cup per serving) instead of 10 cups (1 cup per serving). This gives a creamy product and 10 milk exchanges. 2. In Step 2, use a saccharine sweetener; Aspartame sweetener will break down on cooking at this temperature and will not sweeten the custard.				

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This document reports research undertaken at the US Army Natick Research and Development Command and has been assigned No. NATICK/TR-84/028 in the series of reports approved for publication.

Part 3

Appendixes

- A. Nutrient Data of Portions as Calculated
by University of Massachusetts Data Bank
- B. Nutrient Analysis of Selected Recipes
- C. Ingredients In Federal Supply Catalog
Utilized in Modified Recipes

APPENDIX A

Nutrient Data of Portions as Calculated by University

of Massachusetts Data Bank

Units of Nutrients

Calories		Protein	g	Fat	g	Saturated Fat	g
Carbohydrate	g	Sucrose	g	Fiber	g	Vitamin A	IU
B6	mg	B12	mcg	Vitamin C	mg	Vitamin D	IU
Pantothenic Acid*	mg	Biotin*	mcg	Sodium	mg	Potassium	mg
Iodine*	mcg	Magnesium	mg	Aluminum*	mg	Barium*	mg
Manganese*	mg	Strontium*	mg	Zinc	mg	Saccharide	g
Selenium*	mg	Arginine	mg/g N	Histidine	mg/g N	Isoleucine	mg/g N
Total phosphorus (amino acids)	mg/g N	Threonine	mg/g N	Tryptophan	mg/g N	Valine	mg/g N

Monounsaturated Fat	g	Polyunsaturated Fat	g	Cholesterol	mg
Thiamin	mg	Riboflavin	mg	Niacin	mg
Vitamin E*	mg	Vitamin K*	mcg	Folacin	mcg
Iron	mg	Calcium	mg	Phosphorus	mg
Boron*	mg	Chromium*	mg	Copper*	mg
Retinol*	R.E.	Fluoride	mg	Molybdenum*	mg
Leucine	mg/g N	Lysine	mg/g N	Total Sulfur (amino acids)	mg/g N

*Limited Data

Appendix A (Continued)

Portion Weight: 90 Grams

CAL	193.500	PROT	26.010	FAT	9.180	S.FAT	4.410
CARBO	0.000	SUC	0.000	FIBER	0.000	VIT-A	18.000
B6	.252	B12	1.053	VIT-C	0.000	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	335.026	K	291.358
I	0.000	MG	25.133	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	3.424	SACCH	0.000
SE	0.000	ARG	1677.125	HIS	903.067	ISO	1360.843
TOTPH	1951.790	THR	1148.602	TRY	303.797	VAL	1444.075

L-5(Mod) Roast Beef, Cal/R Bland

M.FAT	4.041	P.FAT	.180	CHOL	81.900
THIA	.063	RIBO	.198	NIAC	4.680
VIT-E	0.000	VIT-K	0.000	FOLIC	.003
FE	3.331	CA	12.571	P	218.220
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	2130.739	LYS	2272.234	TOT.S	973.814

Portion Weight: 90 Grams

CAL	193.500	PROT	26.010	FAT	9.180	S.FAT	4.410
CARBO	0.000	SUC	0.000	FIBER	0.000	VIT-A	18.000
B6	.252	B12	1.053	VIT-C	0.000	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	63.720	K	291.330
I	0.000	MG	24.300	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	3.420	SACCH	0.000
SE	0.000	ARG	1677.125	HIS	903.067	ISO	1360.843
TOTPH	1951.790	THR	1148.602	TRY	303.797	VAL	1444.075

L-5(Mod) Roast Beef, Na-Cal/R Bland

M.FAT	4.041	P.FAT	.180	CHOL	81.900
THIA	.063	RIBO	.198	NIAC	4.680
VIT-E	0.000	VIT-K	0.000	FOLIC	.003
FE	3.330	CA	10.800	P	217.800
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	2130.739	LYS	2272.234	TOT.S	973.814

Portion Weight: 180 Grams

CAL	314.792	PROT	25.242	FAT	20.073	S.FAT	8.275
CARBO	6.916	SUC	1.956	FIBER	.056	VIT-A	291.738
B6	.279	B12	1.068	VIT-C	2.566	VIT-D	0.000
PANTO	.021	BIOT	0.000	NA	1088.911	K	338.102
I	0.000	MG	26.293	AL	.004	BA	.001
MN	.011	SR	.000	ZN	4.169	SACCH	.658
SE	0.000	ARG	1587.323	HIS	854.189	ISO	1289.310
TOTPH	1852.304	THR	1086.881	TRY	288.098	VAL	1367.414

L-5(Mod) Beef and Gravy, Ground Meat Bland

M.FAT	9.143	P.FAT	1.556	CHOL	84.830
THIA	.095	RIBO	.218	NIAC	5.556
VIT-E	0.000	VIT-K	0.000	FOLIC	.006
FE	3.366	CA	26.287	P	215.691
B	.000	CR	.001	CU	.028
RET	0.000	F	0.000	MO	0.000
LEU	2019.413	LYS	2145.562	TOT.S	922.661

Portion Weight: 240 Grams

CAL	307.518	PROT	17.073	FAT	22.365	S.FAT	7.216
CARBO	9.137	SUC	.053	FIBER	.241	VIT-A	579.304
B6	.179	B12	.673	VIT-C	2.560	VIT-D	0.000
PANTO	.017	BIOT	0.000	NA	1046.020	K	275.188
I	0.000	MG	22.212	AL	0.000	BA	0.000
MN	.026	SR	0.000	ZN	2.769	SACCH	.532
SE	0.000	ARG	1002.205	HIS	539.126	ISO	814.538
TOTPH	1171.361	THR	686.156	TRY	182.109	VAL	863.603

L-5(Mod) Beef and Gravy, Thinned Strained

M.FAT	8.969	P.FAT	4.901	CHOL	53.868
THIA	.080	RIBO	.152	NIAC	3.754
VIT-E	0.000	VIT-K	0.000	FOLIC	.005
FE	2.253	CA	42.653	P	163.193
B	0.000	CR	0.000	CU	.022
RET	0.000	F	0.000	MO	0.000
LEU	1276.038	LYS	1352.822	TOT.S	582.916

Appendix A (Continued)

Portion Weight: 170 Grams

CAL	339.601	PROT	23.785	FAT	19.468	S.FAT	9.265	M.FAT	8.500	P.FAT	.383	CHOL	79.900
CARBO	16.779	SUC	3.260	FIBER	.090	VIT-A	52.329	THIA	.091	RIBO	.218	NIAC	5.017
B6	.256	B12	.994	VIT-C	3.227	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	0.000	BIOT	0.000	NA	571.497	K	358.579	FE	3.659	CA	25.557	P	199.491
I	0.000	MG	24.061	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	3.930	SACCH	10.130	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1492.196	HIS	803.162	ISO	1222.126	LEU	1913.997	LYS	2034.290	TOT.S	869.079
TOTPH	1745.418	THR	1029.142	TRY	270.930	VAL	1297.092						

L-8(Mod) Teriyaki Steak, Ground Meat Bland

Portion Weight: 241 Grams

CAL	317.630	PROT	18.645	FAT	16.050	S.FAT	5.414	M.FAT	7.499	P.FAT	2.224	CHOL	54.840
CARBO	25.345	SUC	3.360	FIBER	.223	VIT-A	362.544	THIA	.117	RIBO	.199	NIAC	4.408
B6	.357	B12	1.480	VIT-C	3.280	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.015
PANTO	0.000	BIOT	0.000	NA	1415.350	K	417.943	FE	3.882	CA	49.932	P	196.939
I	0.000	MG	27.022	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	.020	SR	0.000	ZN	3.003	SACCH	14.089	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1079.363	HIS	580.457	ISO	888.195	LEU	1391.678	LYS	1471.036	TOT.S	630.147
TOTPH	1268.922	THR	746.237	TRY	196.596	VAL	942.146						

L-8(Mod) Teriyaki Steak, Thinned Strained

Portion Weight: 90 Grams

CAL	248.641	PROT	25.159	FAT	15.249	S.FAT	7.310	M.FAT	6.693	P.FAT	.304	CHOL	84.600
CARBO	1.053	SUC	0.000	FIBER	.121	VIT-A	36.075	THIA	.051	RIBO	.194	NIAC	3.868
B6	.317	B12	1.083	VIT-C	.791	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.005
PANTO	0.000	BIOT	0.000	NA	278.131	K	217.705	FE	3.538	CA	21.988	P	127.949
I	0.000	MG	25.313	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	3.361	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1627.788	HIS	868.521	ISO	1308.688	LEU	2049.532	LYS	2187.978	TOT.S	937.451
TOTPH	1882.368	THR	1105.022	TRY	293.704	VAL	1389.606						

L-9(Mod) Beef Pot Roast, Cal/R Bland

Portion Weight: 90 Grams

CAL	248.641	PROT	25.159	FAT	15.249	S.FAT	7.310	M.FAT	6.693	P.FAT	.304	CHOL	84.600
CARBO	1.053	SUC	0.000	FIBER	.121	VIT-A	36.075	THIA	.051	RIBO	.194	NIAC	3.868
B6	.317	B12	1.083	VIT-C	.791	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.005
PANTO	0.000	BIOT	0.000	NA	45.583	K	217.681	FE	3.537	CA	20.470	P	127.589
I	0.000	MG	24.599	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	3.358	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1627.788	HIS	868.521	ISO	1308.688	LEU	2049.532	LYS	2187.978	TOT.S	937.451
TOTPH	1882.368	THR	1105.022	TRY	293.704	VAL	1389.606						

L-9(Mod) Beef Pot Roast, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 180 Grams

CAL	308.389	PROT	25.516	FAT	19.035	S.FAT	8.056	M.FAT	8.582	P.FAT	1.266	CHOL	84.770
CARBO	7.857	SUC	1.264	FIBER	.347	VIT-A	2734.379	THIA	.118	RIBO	.237	NIAC	5.846
B6	.307	B12	1.068	VIT-C	7.957	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.017
PANTO	.053	BIOT	0.000	NA	845.227	K	460.531	FE	3.661	CA	31.587	P	226.012
I	0.000	MG	34.125	AL	.002	BA	.000	B	.000	CR	.001	CU	.072
MN	.008	SR	.000	ZN	4.267	SACCH	1.694	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1591.346	HIS	855.635	ISO	1294.005	LEU	2025.234	LYS	2152.781	TOT.S	927.145
TOTPH	1856.763	THR	1092.178	TRY	288.895	VAL	1373.949						

L-9(Mod) Beef Pot Roast, Ground Meat Bland

Portion Weight: 240 Grams

CAL	224.019	PROT	16.736	FAT	9.788	S.FAT	4.624	M.FAT	4.241	P.FAT	.193	CHOL	53.298
CARBO	17.314	SUC	5.887	FIBER	.447	VIT-A	1725.800	THIA	.115	RIBO	.172	NIAC	4.147
B6	.250	B12	.673	VIT-C	13.297	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.020
PANTO	.099	BIOT	0.000	NA	923.646	K	455.579	FE	2.778	CA	42.018	P	159.278
I	0.000	MG	32.795	AL	.011	BA	.002	B	.001	CR	.003	CU	.134
MN	.002	SR	.001	ZN	2.918	SACCH	3.150	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1009.150	HIS	542.050	ISO	822.024	LEU	1287.425	LYS	1359.315	TOT.S	588.935
TOTPH	1183.247	THR	692.176	TRY	183.851	VAL	871.835						

L-9(Mod) Beef Pot Roast, Thinned Strained

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Portion Weight: 130 Grams

CAL	206.355	PROT	29.190	FAT	5.697	S.FAT	2.677	M.FAT	2.445	P.FAT	.111	CHOL	81.990
CARBO	8.220	SUC	.119	FIBER	.688	VIT-A	305.442	THIA	.120	RIBO	.260	NIAC	5.916
B6	.320	B12	1.083	VIT-C	40.946	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.016
PANTO	.037	BIOT	0.000	NA	295.290	K	481.886	FE	3.801	CA	25.992	P	262.611
I	.025	MG	36.859	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.051
MN	.006	SR	0.000	ZN	3.913	SACCH	1.190	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1841.241	HIS	983.643	ISO	1489.843	LEU	2325.377	LYS	2482.798	TOT.S	1067.699
TOTPH	2157.545	THR	1261.523	TRY	333.678	VAL	1577.206						

L-13(Mod) Pepper Steak, Cal/R Bland

Portion Weight: 130 Grams

CAL	204.213	PROT	29.046	FAT	5.617	S.FAT	2.637	M.FAT	2.412	P.FAT	.108	CHOL	81.900
CARBO	8.007	SUC	.119	FIBER	.686	VIT-A	304.992	THIA	.119	RIBO	.258	NIAC	5.876
B6	.320	B12	1.083	VIT-C	40.946	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.016
PANTO	.037	BIOT	0.000	NA	77.852	K	477.872	FE	3.801	CA	25.452	P	259.731
I	.025	MG	36.400	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.051
MN	.002	SR	0.000	ZN	3.913	SACCH	1.190	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1841.241	HIS	983.643	ISO	1489.843	LEU	2325.377	LYS	2482.798	TOT.S	1067.699
TOTPH	2157.545	THR	1261.523	TRY	333.678	VAL	1577.206						

L-13(Mod) Pepper Steak, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 180 Grams

CAL	195.003	PROT	29.029	FAT	5.636	S.FAT	2.664	M.FAT	2.434	P.FAT	.110	CHOL	81.960
CARBO	5.633	SUC	.199	FIBER	.323	VIT-A	292.896	THIA	.114	RIBO	.248	NIAC	5.952
B6	.342	B12	1.083	VIT-C	16.570	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.015
PANTO	.062	BIOT	0.000	NA	289.894	K	496.234	FE	3.811	CA	24.929	P	260.398
I	0.000	MG	36.950	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.084
MN	.003	SR	0.000	ZN	3.884	SACCH	1.988	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1831.244	HIS	981.586	ISO	1482.509	LEU	2320.244	LYS	2470.011	TOT.S	1061.319
TOTPH	2134.140	THR	1251.710	TRY	331.913	VAL	1572.406						

L-14(Mod) Spanish Steak, Cal/R Bland

Portion Weight: 180 Grams

CAL	193.575	PROT	28.933	FAT	5.583	S.FAT	2.638	M.FAT	2.412	P.FAT	.108	CHOL	81.900
CARBO	5.491	SUC	.199	FIBER	.322	VIT-A	292.596	THIA	.114	RIBO	.247	NIAC	5.925
B6	.342	B12	1.083	VIT-C	16.570	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.015
PANTO	.062	BIOT	0.000	NA	80.082	K	493.558	FE	3.811	CA	24.569	P	258.478
I	0.000	MG	36.644	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.084
MN	0.000	SR	0.000	ZN	3.884	SACCH	1.988	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1831.244	HIS	981.586	ISO	1482.509	LEU	2320.244	LYS	2470.011	TOT.S	1061.319
TOTPH	2134.140	THR	1251.710	TRY	331.913	VAL	1572.406						

L-14(Mod) Spanish Steak, Na-Cal/R Bland

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Portion Weight: 195 Grams

CAL	204.414	PROT	29.627	FAT	5.657	S.FAT	2.664	M.FAT	2.434	P.FAT	.110	CHOL	81.960
CARBO	7.513	SUC	0.000	FIBER	.681	VIT-A	8.400	THIA	.109	RIBO	.251	NIAC	5.654
B6	.288	B12	1.083	VIT-C	7.938	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.017
PANTO	0.000	BIOT	0.000	NA	179.761	K	443.430	FE	3.786	CA	41.362	P	276.018
I	0.000	MG	38.880	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	.003	SR	0.000	ZN	4.374	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1991.019	HIS	991.997	ISO	1493.885	LEU	2343.612	LYS	2522.766	TOT.S	1078.635
TOTPH	2196.613	THR	1265.325	TRY	349.057	VAL	1594.045						

L-15(Mod) Steak Smothered with Onions, Cal/R Bland

Portion Weight: 195 Grams

CAL	202.986	PROT	29.531	FAT	5.603	S.FAT	2.637	M.FAT	2.412	P.FAT	.108	CHOL	81.900
CARBO	7.371	SUC	0.000	FIBER	.680	VIT-A	8.100	THIA	.109	RIBO	.250	NIAC	5.627
B6	.288	B12	1.083	VIT-C	7.938	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.017
PANTO	0.000	BIOT	0.000	NA	77.869	K	440.754	FE	3.786	CA	41.002	P	274.098
I	0.000	MG	38.574	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	4.374	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1991.019	HIS	991.997	ISO	1493.885	LEU	2343.612	LYS	2522.766	TOT.S	1078.635
TOTPH	2196.613	THR	1265.325	TRY	349.057	VAL	1594.045						

L-15(Mod) Steak Smothered with Onions, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 272 Grams

CAL	488.700	PROT	32.384	FAT	25.018	S.FAT	10.961	M.FAT	11.086	P.FAT	1.187	CHOL	121.554
CARBO	31.368	SUC	.873	FIBER	.376	VIT-A	177.396	THIA	.383	RIBO	.376	NIAC	8.563
B6	.642	B12	2.520	VIT-C	4.543	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.019
PANTO	.024	BIOT	0.000	NA	108.371	K	581.729	FE	5.521	CA	51.325	P	323.718
I	.021	MG	48.909	AL	.002	BA	.000	B	.000	CR	.000	CU	.034
MN	.002	SR	.000	ZN	4.723	SACCH	.809	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1990.864	HIS	1047.805	ISO	1631.889	LEU	2532.231	LYS	2537.220	TOT.S	1172.348
TOTPH	2381.598	THR	1368.625	TRY	367.768	VAL	1744.843						

L-17(Mod) Braised Beef and Noodles, Na/R Only

Portion Weight: 200 Grams

CAL	262.783	PROT	27.012	FAT	13.554	S.FAT	6.436	M.FAT	5.885	P.FAT	.272	CHOL	84.880
CARBO	6.986	SUC	.136	FIBER	.602	VIT-A	2347.250	THIA	.094	RIBO	.236	NIAC	4.498
B6	.356	B12	1.083	VIT-C	10.939	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.026
PANTO	0.000	BIOT	0.000	NA	594.554	K	404.733	FE	3.875	CA	83.476	P	157.536
I	0.000	MG	32.810	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	.013	SR	0.000	ZN	3.577	SACCH	1.362	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1690.599	HIS	902.599	ISO	1367.260	LEU	2139.149	LYS	2272.708	TOT.S	972.681
TOTPH	1970.240	THR	1158.643	TRY	308.952	VAL	1452.918						

L-22(Mod) Beef Stew, Cal/R Bland

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Portion Weight: 200 Grams

CAL	255.665	PROT	26.565	FAT	13.305	S.FAT	6.312	M.FAT	5.780	P.FAT	.262	CHOL	84.600
CARBO	6.278	SUC	.136	FIBER	.597	VIT-A	2345.850	THIA	.092	RIBO	.229	NIAC	4.373
B6	.356	B12	1.083	VIT-C	10.939	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.026
PANTO	0.000	BIOT	0.000	NA	61.400	K	392.245	FE	3.875	CA	81.796	P	148.576
I	0.000	MG	31.382	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	3.577	SACCH	1.362	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1690.599	HIS	902.599	ISO	1367.260	LEU	2139.149	LYS	2272.708	TOT.S	972.681
TOTPH	1970.240	THR	1158.643	TRY	308.952	VAL	1452.918						

L-22(Mod) Beef Stew, Na-Cal/R Bland

Portion Weight: 149 Grams

CAL	255.269	PROT	19.189	FAT	15.857	S.FAT	7.995	M.FAT	6.125	P.FAT	.382	CHOL	77.650
CARBO	8.541	SUC	0.000	FIBER	1.059	VIT-A	3225.350	THIA	.080	RIBO	.164	NIAC	3.021
B6	.229	B12	.722	VIT-C	5.145	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.019
PANTO	0.000	BIOT	0.000	NA	42.081	K	242.784	FE	3.203	CA	33.932	P	123.912
I	0.000	MG	27.334	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	2.677	SACCH	.019	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1275.456	HIS	643.355	ISO	999.521	LEU	1554.631	LYS	1630.882	TOT.S	690.927
TOTPH	1454.930	THR	829.282	TRY	220.966	VAL	1056.296						

L-22(Mod) Beef Stew, Renal

Appendix A (Continued)

Portion Weight: 198 Grams

CAL	267.884	PROT	25.046	FAT	14.788	S.FAT	6.967
CARBO	8.318	SUC	.300	FIBER	.724	VIT-A	2401.077
B6	.331	B12	1.010	VIT-C	25.290	VIT-D	0.000
PANTO	.050	BIOT	0.000	NA	766.778	K	620.035
I	0.000	MG	36.627	AL	0.000	BA	0.000
MN	.002	SR	0.000	ZN	4.241	SACCH	3.349
SE	0.000	ARG	1576.976	HIS	826.907	ISO	1250.384
TOTPH	1797.834	THR	1062.401	TRY	282.138	VAL	1326.165

L-24(Mod) Stuffed Cabbage Rolls, Cal/R Bland

M.FAT	6.386	P.FAT	.293	CHOL	80.044
THIA	.148	RIBO	.271	NIAC	6.096
VIT-E	0.000	VIT-K	0.000	FOLIC	.035
FE	4.151	CA	159.214	P	233.208
B	0.000	CR	0.000	CU	.067
RET	0.000	F	0.000	MO	0.000
LEU	1952.433	LYS	2085.332	TOT.S	898.052

Portion Weight: 198 Grams

CAL	266.240	PROT	24.966	FAT	14.743	S.FAT	6.945
CARBO	8.154	SUC	.300	FIBER	.723	VIT-A	2400.827
B6	.331	B12	1.010	VIT-C	25.290	VIT-D	0.000
PANTO	.050	BIOT	0.000	NA	73.234	K	617.757
I	0.000	MG	34.944	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	4.235	SACCH	3.349
SE	0.000	ARG	1576.976	HIS	826.907	ISO	1250.384
TOTPH	1797.834	THR	1062.401	TRY	282.138	VAL	1326.165

L-24(Mod) Stuffed Cabbage Rolls, Na-Cal/R Bland

M.FAT	6.368	P.FAT	.291	CHOL	79.994
THIA	.147	RIBO	.270	NIAC	6.074
VIT-E	0.000	VIT-K	0.000	FOLIC	.035
FE	4.150	CA	155.878	P	230.888
B	0.000	CR	0.000	CU	.067
RET	0.000	F	0.000	MO	0.000
LEU	1952.433	LYS	2085.332	TOT.S	898.052

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Portion Weight: 227 Grams

CAL	267.981	PROT	21.257	FAT	10.871	S.FAT	5.480
CARBO	20.685	SUC	.272	FIBER	.532	VIT-A	1199.993
B6	.205	B12	.939	VIT-C	15.886	VIT-D	0.000
PANTO	.159	BIOT	0.000	NA	550.102	K	371.401
I	0.000	MG	22.853	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	2.013	SACCH	5.010
SE	0.000	ARG	976.225	HIS	646.382	ISO	1045.250
TOTPH	1859.013	THR	837.935	TRY	226.787	VAL	1161.610

L-25(Mod) Lasagna, Cal/R Bland

M.FAT	4.003	P.FAT	.384	CHOL	95.484
THIA	.238	RIBO	.320	NIAC	2.774
VIT-E	0.000	VIT-K	0.000	FOLIC	.045
FE	2.275	CA	261.840	P	271.299
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1788.328	LYS	1578.453	TOT.S	710.785

Portion Weight: 227 Grams

CAL	266.968	PROT	22.853	FAT	9.986	S.FAT	5.031
CARBO	20.803	SUC	.272	FIBER	.541	VIT-A	1167.789
B6	.209	B12	.992	VIT-C	15.895	VIT-D	0.000
PANTO	.164	BIOT	0.000	NA	53.330	K	377.130
I	0.000	MG	24.088	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	2.195	SACCH	5.198
SE	0.000	ARG	1044.572	HIS	706.312	ISO	1121.757
TOTPH	2034.470	THR	898.631	TRY	247.189	VAL	1261.324

L-25(Mod) Lasagna, Na- Cal/R Bland

M.FAT	3.663	P.FAT	.334	CHOL	90.732
THIA	.240	RIBO	.340	NIAC	2.781
VIT-E	0.000	VIT-K	0.000	FOLIC	.045
FE	2.307	CA	304.295	P	301.531
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1943.638	LYS	1740.393	TOT.S	764.595

Appendix A (Continued)

Portion Weight: 190 Grams

L-26(Mod) Syrian Beef Stew, Cal/R Bland

CAL	264.503	PROT	27.261	FAT	13.348	S.FAT	6.315	M.FAT	5.784	P.FAT	.266	CHOL	84.600
CARBO	8.226	SUC	.176	FIBER	.962	VIT-A	864.160	THIA	.120	RIBO	.261	NIAC	4.527
B6	.365	B12	1.083	VIT-C	13.400	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.035
PANTO	0.000	BIOT	0.000	NA	663.526	K	431.867	FE	4.614	CA	105.698	P	159.927
I	0.000	MG	38.858	AL	.057	BA	.091	B	.108	CR	.034	CU	.023
MN	.153	SR	.113	ZN	3.702	SACCH	1.776	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1722.082	HIS	914.923	ISO	1384.546	LEU	2168.489	LYS	2297.652	TOT.S	975.501
TOTPH	2014.302	THR	1173.440	TRY	318.064	VAL	1474.594						

Portion Weight: 190 Grams

L-26(Mod) Syrian Beef Stew, Na-Cal/R Bland

CAL	263.936	PROT	27.261	FAT	13.348	S.FAT	6.315	M.FAT	5.784	P.FAT	.266	CHOL	84.600
CARBO	8.169	SUC	.176	FIBER	.962	VIT-A	864.160	THIA	.120	RIBO	.261	NIAC	4.527
B6	.365	B12	1.083	VIT-C	13.400	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.035
PANTO	0.000	BIOT	0.000	NA	48.905	K	431.811	FE	4.613	CA	102.156	P	159.087
I	0.000	MG	37.192	AL	.057	BA	.091	B	.108	CR	.034	CU	.023
MN	.153	SR	.113	ZN	3.695	SACCH	1.776	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1722.082	HIS	914.923	ISO	1384.546	LEU	2168.489	LYS	2297.652	TOT.S	975.501
TOTPH	2014.302	THR	1173.440	TRY	318.064	VAL	1474.594						

323

Portion Weight: 170 Grams

L-26(Mod) Syrian Beef Stew, Ground Meat Bland

CAL	296.154	PROT	23.624	FAT	19.390	S.FAT	9.267	M.FAT	8.502	P.FAT	.384	CHOL	79.900
CARBO	5.846	SUC	2.341	FIBER	.402	VIT-A	362.956	THIA	.098	RIBO	.213	NIAC	5.188
B6	.257	B12	.994	VIT-C	8.070	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.018
PANTO	.093	BIOT	0.000	NA	587.640	K	412.972	FE	3.432	CA	36.265	P	198.051
I	0.000	MG	27.292	AL	.005	BA	.001	B	.001	CR	.001	CU	.056
MN	.001	SR	.003	ZN	3.954	SACCH	1.238	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1505.565	HIS	809.460	ISO	1222.624	LEU	1913.364	LYS	2035.720	TOT.S	868.955
TOTPH	1759.576	THR	1034.828	TRY	275.248	VAL	1297.885						

Portion Weight: 255 Grams

L-26(Mod) Syrian Beef Stew, Thinned Strained

CAL	273.631	PROT	15.725	FAT	18.524	S.FAT	7.066	M.FAT	8.536	P.FAT	1.895	CHOL	50.664
CARBO	11.031	SUC	5.723	FIBER	.462	VIT-A	613.938	THIA	.080	RIBO	.155	NIAC	3.577
B6	.178	B12	.627	VIT-C	8.591	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.018
PANTO	.099	BIOT	0.000	NA	1434.819	K	365.831	FE	2.469	CA	51.310	P	142.166
I	0.000	MG	25.693	AL	.012	BA	.002	B	.002	CR	.003	CU	.060
MN	.015	SR	.007	ZN	2.605	SACCH	1.351	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	961.079	HIS	515.948	ISO	781.694	LEU	1223.266	LYS	1295.150	TOT.S	553.204
TOTPH	1129.053	THR	662.091	TRY	177.039	VAL	829.509						

Appendix A (Continued)

Portion Weight: 162 Grams

CAL	258.980	PROT	25.238	FAT	14.270	S.FAT	6.674
CARBO	5.839	SUC	0.000	FIBER	.164	VIT-A	222.077
B6	.253	B12	1.143	VIT-C	.458	VIT-D	0.000
PANTO	.049	BIOT	0.000	NA	720.179	K	293.991
I	0.000	MG	66.458	AL	.045	BA	.002
MN	.004	SR	.008	ZN	3.676	SACCH	.617
SE	0.000	ARG	1489.507	HIS	821.325	ISO	1262.222
TOTPH	1877.095	THR	1052.434	TRY	277.523	VAL	1338.852

L-27(Mod) Beef Balls Stroganoff, Cal/R Bland

M.FAT	6.193	P.FAT	.487	CHOL	95.826
THIA	.099	RIBO	.267	NIAC	4.847
VIT-E	0.000	VIT-K	0.000	FOLIC	.010
FE	3.367	CA	42.424	P	234.236
B	.001	CR	.003	CU	.029
RET	0.000	F	0.000	MO	0.000
LEU	2007.496	LYS	2060.871	TOT.S	892.275

Portion Weight: 162 Grams

CAL	254.174	PROT	24.938	FAT	14.021	S.FAT	6.612
CARBO	5.515	SUC	0.000	FIBER	.161	VIT-A	213.077
B6	.253	B12	1.143	VIT-C	.438	VIT-D	0.000
PANTO	.049	BIOT	0.000	NA	73.410	K	288.405
I	0.000	MG	64.736	AL	.045	BA	.002
MN	.004	SR	.008	ZN	3.671	SACCH	.617
SE	0.000	ARG	1489.507	HIS	821.325	ISO	1262.222
TOTPH	1877.095	THR	1052.434	TRY	277.523	VAL	1338.852

L-27(Mod) Beef Balls Stroganoff, Na-Cal/R Bland

M.FAT	6.096	P.FAT	.406	CHOL	95.592
THIA	.098	RIBO	.259	NIAC	4.803
VIT-E	0.000	VIT-K	0.000	FOLIC	.010
FE	3.348	CA	37.540	P	230.888
B	.001	CR	.003	CU	.029
RET	0.000	F	0.000	MO	0.000
LEU	2007.496	LYS	2060.871	TOT.S	892.275

354

Portion Weight: 197 Grams

CAL	196.533	PROT	18.145	FAT	9.305	S.FAT	4.424
CARBO	8.944	SUC	.100	FIBER	.066	VIT-A	213.134
B6	.191	B12	.928	VIT-C	.763	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	87.381	K	332.370
I	0.000	MG	26.463	AL	.000	BA	.000
MN	.000	SR	.000	ZN	2.504	SACCH	4.647
SE	0.000	ARG	955.313	HIS	514.138	ISO	775.821
TOTPH	1114.277	THR	654.150	TRY	173.331	VAL	822.896

L-30(Mod) Creamed Ground Beef, Na/R Only

M.FAT	4.058	P.FAT	.185	CHOL	52.906
THIA	.085	RIBO	.285	NIAC	3.280
VIT-E	0.000	VIT-K	0.000	FOLIC	.016
FE	2.044	CA	134.365	P	215.371
B	.000	CR	.000	CU	.000
RET	0.000	F	0.000	MO	0.000
LEU	1215.080	LYS	1291.792	TOT.S	555.193

Appendix A (Continued)

Portion Weight: 90 Grams

CAL	248.756	PROT	24.368	FAT	15.088	S.FAT	7.128	M.FAT	6.633	P.FAT	.348	CHOL	102.918
CARBO	2.311	SUC	.050	FIBER	.087	VIT-A	137.380	THIA	.093	RIBO	.229	NIAC	5.146
B6	.267	B12	1.122	VIT-C	5.292	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.010
PANTO	.016	BIOT	0.000	NA	564.850	K	308.108	FE	3.347	CA	30.149	P	212.582
I	0.000	MG	24.701	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.010
MN	0.000	SR	0.000	ZN	3.868	SACCH	.418	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1506.658	HIS	810.543	ISO	1225.618	LEU	1918.577	LYS	2033.486	TOT.S	877.908
TOTPH	1761.686	THR	1032.807	TRY	273.705	VAL	1300.003						

L-35(Mod) Meat Loaf, Cal/R Bland

Portion Weight: 90 Grams

CAL	248.886	PROT	24.370	FAT	15.088	S.FAT	7.128	M.FAT	6.633	P.FAT	.348	CHOL	102.918
CARBO	2.321	SUC	.050	FIBER	.087	VIT-A	165.070	THIA	.094	RIBO	.229	NIAC	5.145
B6	.267	B12	1.122	VIT-C	3.621	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.010
PANTO	0.000	BIOT	0.000	NA	81.827	K	308.320	FE	3.306	CA	26.782	P	211.166
I	0.000	MG	22.760	AL	.003	BA	.001	B	.001	CR	.001	CU	.000
MN	.001	SR	.000	ZN	3.857	SACCH	.418	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1506.658	HIS	810.543	ISO	1225.618	LEU	1918.577	LYS	2033.486	TOT.S	877.908
TOTPH	1761.686	THR	1032.807	TRY	273.705	VAL	1300.003						

L-35(Mod) Meat Loaf, Na-Cal/R Bland

355

Portion Weight: 60 Grams

CAL	215.350	PROT	17.086	FAT	15.327	S.FAT	7.576	M.FAT	6.233	P.FAT	.392	CHOL	9r.920
CARBO	1.403	SUC	.033	FIBER	.099	VIT-A	286.629	THIA	.065	RIBO	.156	NIAC	3.577
B6	.178	B12	.796	VIT-C	4.009	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.006
PANTO	0.000	BIOT	0.000	NA	58.435	K	208.422	FE	2.338	CA	14.868	P	147.162
I	0.000	MG	16.023	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	2.703	SACCH	.036	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1055.876	HIS	567.179	ISO	858.226	LEU	1343.178	LYS	1423.456	TOT.S	614.744
TOTPH	1234.935	THR	723.545	TRY	191.854	VAL	910.258						

L-35(Mod) Meat Loaf, Renal

Appendix A (Continued)

Portion Weight: 100 Grams

CAL	244.726	PROT	24.077	FAT	15.118	S.FAT	7.137	M.FAT	6.638	P.FAT	.380	CHOL	102.674
CARBO	1.507	SUC	0.000	FIBER	.045	VIT-A	83.070	THIA	.091	RIBO	.208	NIAC	5.008
B6	.254	B12	1.100	VIT-C	.156	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.007
PANTO	0.000	BIOT	0.000	NA	412.306	K	277.918	FE	3.261	CA	17.307	P	208.526
I	0.000	MG	24.713	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	3.909	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1497.517	HIS	805.445	ISO	1213.882	LEU	1900.750	LYS	2026.754	TOT.S	868.695
TOTPH	1741.596	THR	1024.619	TRY	271.194	VAL	01288.282						

L-37(Mod) Salisbury Steak, Cal/R Bland

Portion Weight: 100 Grams

CAL	244.726	PROT	24.077	FAT	15.118	S.FAT	7.137	M.FAT	6.638	P.FAT	.380	CHOL	102.674
CARBO	1.507	SUC	0.000	FIBER	.045	VIT-A	83.070	THIA	.091	RIBO	.208	NIAC	5.008
B6	.254	B12	1.100	VIT-C	.156	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.007
PANTO	0.000	BIOT	0.000	NA	63.484	K	277.882	FE	3.260	CA	15.030	P	207.986
I	0.000	MG	23.642	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	3.904	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1497.517	HIS	805.445	ISO	1213.882	LEU	1900.750	LYS	2026.754	TOT.S	868.695
TOTPH	1741.596	THR	1024.619	TRY	271.194	VAL	1288.282						

L-37(Mod) Salisbury Steak, Na-Cal/R Bland

Portion Weight: 65 Grams

CAL	217.885	PROT	17.217	FAT	15.416	S.FAT	7.599	M.FAT	6.255	P.FAT	.432	CHOL	92.954
CARBO	1.750	SUC	0.000	FIBER	.117	VIT-A	286.649	THIA	.072	RIBO	.155	NIAC	3.544
B6	.180	B12	.797	VIT-C	4.009	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.007
PANTO	0.000	BIOT	0.000	NA	49.706	K	213.241	FE	2.380	CA	14.370	P	152.990
I	0.000	MG	18.826	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	2.765	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1052.127	HIS	565.010	ISO	852.693	LEU	1334.585	LYS	1422.197	TOT.S	610.230
TOTPH	1225.500	THR	720.183	TRY	190.698	VAL	904.715						

L-37(Mod) Salisbury Steak, Renal

Appendix A (Continued)

Portion Weight: 170 Grams

CAL	269.184	PROT	25.290	FAT	15.436	S.FAT	7.348	M.FAT	6.737	P.FAT	.311	CHOL	84.600
CARBO	6.040	SUC	.215	FIBER	.314	VIT-A	543.753	THIA	.116	RIBO	.226	NIAC	5.780
B6	.321	B12	1.068	VIT-C	11.262	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.020
PANTO	.025	BIOT	0.000	NA	399.070	K	444.489	FE	3.749	CA	74.065	P	217.946
I	.012	MG	26.034	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.034
MN	.001	SR	0.000	ZN	4.235	SACCH	2.146	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1603.370	HIS	859.037	ISO	1297.375	LEU	2029.417	LYS	2164.498	TOT.S	924.795
TOTPH	1863.982	THR	1099.133	TRY	291.381	VAL	1375.778						

L-38(Mod) Spaghetti Sauce, Cal/R Bland

Portion Weight: 170 Grams

CAL	268.730	PROT	25.290	FAT	15.436	S.FAT	7.348	M.FAT	6.737	P.FAT	.311	CHOL	84.600
CARBO	5.994	SUC	.215	FIBER	.314	VIT-A	543.753	THIA	.116	RIBO	.226	NIAC	5.780
B6	.321	B12	1.068	VIT-C	11.262	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.020
PANTO	.025	BIOT	0.000	NA	66.304	K	444.465	FE	3.748	CA	72.547	P	217.586
I	.012	MG	25.320	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.034
MN	.001	SR	0.000	ZN	4.232	SACCH	2.146	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1603.370	HIS	859.037	ISO	1297.375	LEU	2029.417	LYS	2164.498	TOT.S	924.795
TOTPH	1863.982	THR	1099.133	TRY	291.381	VAL	1375.778						

L-38(Mod) Spaghetti Sauce, Na-Cal/R Bland

Portion Weight: 240 Grams

CAL	222.176	PROT	16.441	FAT	11.873	S.FAT	5.193	M.FAT	5.049	P.FAT	.823	CHOL	47.100
CARBO	13.165	SUC	1.945	FIBER	.616	VIT-A	711.509	THIA	.129	RIBO	.173	NIAC	3.718
B6	.260	B12	.539	VIT-C	18.315	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.024
PANTO	.172	BIOT	0.000	NA	658.520	K	539.087	FE	2.783	CA	131.156	P	194.696
I	0.000	MG	39.159	AL	.003	BA	.001	B	.000	CR	.001	CU	.192
MN	.001	SR	.000	ZN	2.635	SACCH	4.751	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	883.361	HIS	519.654	ISO	770.534	LEU	1238.017	LYS	1296.008	TOT.S	541.016
TOTPH	1183.436	THR	631.972	TRY	175.779	VAL	846.616						

L-38(Mod) Spaghetti Sauce, Thinned Strained

Portion Weight: 177 Grams

CAL	176.663	PROT	3.913	FAT	9.129	S.FAT	5.056	M.FAT	2.779	P.FAT	.280	CHOL	27.360
CARBO	19.756	SUC	.000	FIBER	.130	VIT-A	517.459	THIA	.229	RIBO	.114	NIAC	1.569
B6	.023	B12	.032	VIT-C	3.139	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.006
PANTO	.021	BIOT	0.000	NA	25.310	K	76.324	FE	.872	CA	18.845	P	54.568
I	0.000	MG	17.532	AL	.051	BA	.028	B	.018	CR	.015	CU	.017
MN	.138	SR	.017	ZN	.478	SACCH	.206	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	153.848	HIS	89.415	ISO	176.157	LEU	248.324	LYS	145.252	TOT.S	117.669
TOTPH	307.076	THR	137.641	TRY	39.219	VAL	198.934						

L-38(Mod) Spaghetti with Herb Sauce, Renal

Appendix A (Continued)

Portion Weight: 190 Grams

CAL	291.251	PROT	26.475	FAT	16.120	S.FAT	7.543
CARBO	9.100	SUC	.294	FIBER	.412	VIT-A	700.663
B6	.350	B12	1.158	VIT-C	14.369	VIT-D	0.000
PANTO	.050	BIOT	0.000	NA	566.381	K	527.651
I	.012	MG	33.952	AL	0.000	BA	0.000
MN	.001	SR	0.000	ZN	4.360	SACCH	2.944
SE	0.000	ARG	1602.292	HIS	858.951	ISO	1297.252
TOTPH	1863.472	THR	1099.001	TRY	291.258	VAL	1375.592

L-39(Mod) Spaghetti with Meat Balls, Cal/R Bland

M.FAT	7.008	P.FAT	.404	CHOL	107.280
THIA	.147	RIBO	.251	NIAC	5.986
VIT-E	0.000	VIT-K	0.000	FOLIC	.028
FE	4.073	CA	82.595	P	243.497
B	0.000	CR	0.000	CU	.067
RET	0.000	F	0.000	MO	0.000
LEU	2029.195	LYS	2164.117	TOT.S	924.647

Portion Weight: 190 Grams

CAL	290.797	PROT	26.475	FAT	16.120	S.FAT	7.543
CARBO	9.055	SUC	.294	FIBER	.412	VIT-A	700.663
B6	.350	B12	1.158	VIT-C	14.369	VIT-D	0.000
PANTO	.050	BIOT	0.000	NA	74.021	K	527.615
I	.012	MG	32.881	AL	0.000	BA	0.000
MN	.001	SR	0.000	ZN	4.355	SACCH	2.944
SE	0.000	ARG	1602.292	HIS	858.951	ISO	1297.252
TOTPH	1863.472	THR	1099.001	TRY	291.258	VAL	1375.592

L-39(Mod) Spaghetti with Meat Balls, Na-Cal/R Bland

M.FAT	7.008	P.FAT	.404	CHOL	107.280
THIA	.147	RIBO	.251	NIAC	5.986
VIT-E	0.000	VIT-K	0.000	FOLIC	.028
FE	4.072	CA	80.318	P	242.957
B	0.000	CR	0.000	CU	.067
RET	0.000	F	0.000	MO	0.000
LEU	2029.195	LYS	2164.117	TOT.S	924.647

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Portion Weight: 200 Grams

CAL	336.434	PROT	24.702	FAT	19.360	S.FAT	10.490
CARBO	15.304	SUC	.136	FIBER	1.264	VIT-A	1092.400
B6	.233	B12	.910	VIT-C	75.959	VIT-D	0.000
PANTO	.137	BIOT	0.000	NA	744.706	K	454.171
I	0.000	MG	32.064	AL	0.000	BA	0.000
MN	.072	SR	0.000	ZN	3.860	SACCH	1.816
SE	0.000	ARG	1416.369	HIS	858.718	ISO	1220.935
TOTPH	2046.708	THR	998.510	TRY	303.598	VAL	1364.392

L-40(Mod) Stuffed Green Peppers, Cal/R Bland

M.FAT	7.033	P.FAT	.486	CHOL	83.096
THIA	.172	RIBO	.305	NIAC	4.619
VIT-E	0.000	VIT-K	0.000	FOLIC	.029
FE	3.313	CA	245.818	P	379.571
B	0.000	CR	0.000	CU	.036
RET	0.000	F	0.000	MO	0.000
LEU	2008.437	LYS	2134.060	TOT.S	871.888

Portion Weight: 200 Grams

CAL	335.980	PROT	24.702	FAT	19.360	S.FAT	10.490
CARBO	15.259	SUC	.136	FIBER	1.264	VIT-A	1092.400
B6	.233	B12	.910	VIT-C	75.959	VIT-D	0.000
PANTO	.137	BIOT	0.000	NA	53.380	K	454.147
I	0.000	MG	31.350	AL	0.000	BA	0.000
MN	.072	SR	0.000	ZN	3.857	SACCH	1.816
SE	0.000	ARG	1416.369	HIS	858.718	ISO	1220.935
TOTPH	2046.708	THR	998.510	TRY	303.598	VAL	1364.392

L-40(Mod) Stuffed Green Peppers, Na-Cal/R Bland

M.FAT	7.033	P.FAT	.486	CHOL	83.096
THIA	.172	RIBO	.305	NIAC	4.619
VIT-E	0.000	VIT-K	0.000	FOLIC	.029
FE	3.313	CA	244.300	P	379.211
B	0.000	CR	0.000	CU	.036
RET	0.000	F	0.000	MO	0.000
LEU	2008.437	LYS	2134.060	TOT.S	871.888

Appendix A (Continued)

Portion Weight: 162 Grams

CAL	238.799	PROT	24.570	FAT	13.979	S.FAT	6.593
CARBO	2.135	SUC	0.000	FIBER	.057	VIT-A	148.282
B6	.245	B12	1.143	VIT-C	.138	VIT-D	0.000
PANTO	.049	BIOT	0.000	NA	384.702	K	271.970
I	0.000	MG	23.640	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	3.617	SACCH	.646
SE	0.000	ARG	1475.561	HIS	818.440	ISO	1257.412
TOTPH	1868.507	THR	1046.594	TRY	275.462	VAL	1333.287

L-41(Mod) Swedish Meatballs, Cal/R Bland

M.FAT	6.071	P.FAT	.367	CHOL	95.592
THIA	.089	RIBO	.228	NIAC	4.551
VIT-E	0.000	VIT-K	0.000	FOLIC	.009
FE	2.981	CA	36.182	P	219.803
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1999.595	LYS	2051.252	TOT.S	890.145

Portion Weight: 162 Grams

CAL	245.041	PROT	24.573	FAT	13.960	S.FAT	6.593
CARBO	3.687	SUC	0.000	FIBER	.058	VIT-A	151.256
B6	.245	B12	1.143	VIT-C	.141	VIT-D	0.000
PANTO	.049	BIOT	0.000	NA	72.470	K	271.870
I	0.000	MG	22.870	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	3.620	SACCH	.636
SE	0.000	ARG	1475.561	HIS	818.440	ISO	1257.412
TOTPH	1868.507	THR	1046.594	TRY	275.462	VAL	1333.287

L-41(Mod) Swedish Meatballs, Na-Cal/R Bland

M.FAT	6.071	P.FAT	.367	CHOL	95.592
THIA	.089	RIBO	.228	NIAC	4.551
VIT-E	0.000	VIT-K	0.000	FOLIC	.009
FE	2.980	CA	34.572	P	219.343
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1999.595	LYS	2051.252	TOT.S	890.145

359

Portion Weight: 90 Grams

CAL	305.878	PROT	16.999	FAT	24.212	S.FAT	12.546
CARBO	4.613	SUC	0.000	FIBER	.092	VIT-A	590.490
B6	.173	B12	.753	VIT-C	1.170	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	51.283	K	222.160
I	0.000	MG	17.877	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	2.993	SACCH	.048
SE	0.000	ARG	1065.490	HIS	564.544	ISO	850.608
TOTPH	1226.176	THR	718.452	TRY	191.675	VAL	903.640

L-41(Mod) Swedish Meatballs, Renal

M.FAT	9.068	P.FAT	.622	CHOL	103.510
THIA	.062	RIBO	.167	NIAC	3.521
VIT-E	0.000	VIT-K	0.000	FOLIC	.004
FE	2.178	CA	35.486	P	153.551
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1332.361	LYS	1423.535	TOT.S	609.794

Appendix A (Continued)

Portion Weight: 165 Grams

CAL	201.394	PROT	25.683	FAT	8.378	S.FAT	4.026	M.FAT	3.619	P.FAT	.204	CHOL	70.283
CARBO	4.247	SUC	0.000	FIBER	.222	VIT-A	278.853	THIA	.074	RIBO	.248	NIAC	4.693
B6	.262	B12	1.046	VIT-C	1.022	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.006
PANTO	.049	BIOT	0.000	NA	382.815	K	304.011	FE	3.225	CA	33.848	P	236.872
I	0.000	MG	65.354	AL	.045	BA	.002	B	.001	CR	.003	CU	.029
MN	.004	SR	.008	ZN	2.829	SACCH	.617	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1601.513	HIS	877.257	ISO	1346.453	LEU	2139.631	LYS	2203.066	TOT.S	953.077
TOTPH	2000.857	THR	1123.771	TRY	297.178	VAL	1428.716						

L-53(Mod) Beef Stroganoff, Cal/R Bland

Portion Weight: 165 Grams

CAL	208.473	PROT	25.131	FAT	9.530	S.FAT	4.584	M.FAT	4.131	P.FAT	.228	CHOL	70.658
CARBO	3.976	SUC	0.000	FIBER	.154	VIT-A	280.978	THIA	.071	RIBO	.218	NIAC	4.417
B6	.255	B12	1.046	VIT-C	.796	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.006
PANTO	.049	BIOT	0.000	NA	53.060	K	289.126	FE	2.940	CA	30.736	P	226.804
I	0.000	MG	24.400	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	2.677	SACCH	.617	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1565.804	HIS	862.653	ISO	1323.986	LEU	2104.082	LYS	2163.964	TOT.S	938.311
TOTPH	1966.943	THR	1103.027	TRY	291.174	VAL	1404.413						

L-53(Mod) Beef Stroganoff, Ma-Cal/R Bland

096

Portion Weight: 180 Grams

CAL	346.306	PROT	26.180	FAT	23.064	S.FAT	11.405	M.FAT	9.318	P.FAT	1.029	CHOL	97.160
CARBO	7.601	SUC	1.957	FIBER	.241	VIT-A	936.165	THIA	.108	RIBO	.274	NIAC	5.696
B6	.284	B12	1.152	VIT-C	3.657	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.009
PANTO	.121	BIOT	0.000	NA	1083.435	K	398.587	FE	3.572	CA	57.113	P	241.750
I	0.000	MG	31.117	AL	.004	BA	.001	B	.000	CR	.001	CU	.028
MN	.012	SR	.000	ZN	4.212	SACCH	1.889	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1616.342	HIS	876.774	ISO	1339.600	LEU	2100.749	LYS	2214.109	TOT.S	950.593
TOTPH	1931.837	THR	1125.016	TRY	299.875	VAL	1423.696						

L-53(Mod) Beef Stroganoff, Ground Meat Bland

Portion Weight: 240 Grams

CAL	261.834	PROT	14.308	FAT	18.694	S.FAT	6.842	M.FAT	8.376	P.FAT	2.524	CHOL	48.112
CARBO	9.499	SUC	.176	FIBER	.463	VIT-A	1007.824	THIA	.091	RIBO	.158	NIAC	3.334
B6	.182	B12	.574	VIT-C	8.396	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	.096	BIOT	0.000	NA	1063.298	K	356.081	FE	2.189	CA	54.732	P	150.757
I	0.000	MG	27.087	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.074
MN	.017	SR	0.000	ZN	2.317	SACCH	2.318	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	812.393	HIS	440.145	ISO	670.250	LEU	1050.626	LYS	1111.449	TOT.S	476.384
TOTPH	964.922	THR	563.704	TRY	149.904	VAL	712.268						

L-53(Mod) Beef Stroganoff, Thinned Strained

Appendix A (Continued)

Portion Weight: 255 Grams

CAL	396.410	PROT	24.747	FAT	23.865	S.FAT	11.711
CARBO	21.454	SUC	.386	FIBER	.717	VIT-A	1850.676
B6	.338	B12	.692	VIT-C	42.169	VIT-D	0.000
PANTO	.116	BIOT	0.000	NA	53.120	K	758.961
I	.074	MG	48.400	AL	.042	BA	.023
MN	.111	SR	.005	ZN	2.761	SACCH	3.713
SE	0.000	ARG	1193.378	HIS	741.482	ISO	1196.421
TOTPH	2026.269	THR	964.137	TRY	270.900	VAL	1468.945

L-64(Mod) Creole Macaroni, Na/R Only

M.FAT	9.120	P.FAT	.910	CHOL	46.100
THIA	.204	RIBO	.362	NIAC	4.616
VIT-E	0.000	VIT-K	0.000	FOLIC	.058
FE	4.362	CA	308.085	P	364.550
B	.013	CR	.013	CU	.186
RET	0.000	F	0.000	MO	0.000
LEU	2051.343	LYS	1924.258	TOT.S	814.865

Portion Weight: 90 Grams

CAL	254.846	PROT	24.064	FAT	15.765	S.FAT	8.721
CARBO	4.050	SUC	0.000	FIBER	.079	VIT-A	37.574
B6	.202	B12	1.287	VIT-C	10.650	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	885.052	K	333.995
I	0.000	MG	1.896	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	4.893	SACCH	.102
SE	0.000	ARG	1535.704	HIS	654.845	ISO	1236.678
TOTPH	1788.327	THR	1084.717	TRY	305.341	VAL	1181.132

L-74(Mod) Sweet and Sour Lamb Steak, Cal/R Bland

M.FAT	5.607	P.FAT	.468	CHOL	88.200
THIA	.153	RIBO	.279	NIAC	5.163
VIT-E	0.000	VIT-K	0.000	FOLIC	.011
FE	2.290	CA	29.780	P	206.218
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1846.997	LYS	1925.624	TOT.S	877.931

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Portion Weight: 60 Grams

CAL	220.752	PROT	15.531	FAT	15.001	S.FAT	8.353
CARBO	5.369	SUC	4.975	FIBER	.004	VIT-A	188.573
B6	.135	B12	.858	VIT-C	0.000	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	38.641	K	178.008
I	0.000	MG	.354	AL	.010	BA	.002
MN	.002	SR	.001	ZN	3.249	SACCH	0.000
SE	0.000	ARG	1008.058	HIS	430.963	ISO	802.483
TOTPH	1166.573	THR	708.365	TRY	200.821	VAL	762.854

L-74(Mod) Sweet and Sour Lamb Steak, Renal

M.FAT	5.262	P.FAT	.451	CHOL	73.050
THIA	.090	RIBO	.162	NIAC	3.363
VIT-E	0.000	VIT-K	0.000	FOLIC	.002
FE	1.093	CA	8.354	P	128.728
B	.001	CR	.003	CU	.001
RET	0.000	F	0.000	MO	0.000
LEU	1198.771	LYS	1253.261	TOT.S	574.618

Portion Weight: 90 Grams

CAL	242.752	PROT	23.315	FAT	15.615	S.FAT	8.729
CARBO	.982	SUC	0.000	FIBER	.072	VIT-A	137.623
B6	.202	B12	1.287	VIT-C	.149	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	57.160	K	272.304
I	0.000	MG	1.069	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	4.879	SACCH	0.000
SE	0.000	ARG	1512.086	HIS	646.445	ISO	1203.725
TOTPH	1749.859	THR	1062.547	TRY	300.931	VAL	1144.282

L-77(Mod) Savory Roast Lamb, Cal/R and Na-Cal/R Bland

M.FAT	5.611	P.FAT	.493	CHOL	88.200
THIA	.138	RIBO	.247	NIAC	5.083
VIT-E	0.000	VIT-K	0.000	FOLIC	.003
FE	1.743	CA	12.860	P	192.992
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1798.157	LYS	1879.891	TOT.S	861.926

Appendix A (Continued)

Portion Weight: 150 Grams

CAL	251.571	PROT	27.195	FAT	12.867	S.FAT	4.600
CARBO	5.385	SUC	.200	FIBER	.283	VIT-A	275.016
B6	.342	B12	.351	VIT-C	13.882	VIT-D	0.000
PANTO	.062	BIOT	0.000	NA	414.296	K	469.446
I	0.000	MG	39.967	AL	.001	BA	.001
MN	.003	SR	.000	ZN	2.009	SACCH	2.002
SE	0.000	ARG	1635.746	HIS	917.664	ISO	1366.578
TOTPH	2003.134	THR	1234.298	TRY	345.608	VAL	1383.552

L-83(Mod) Variation 1 Creole Pork Chop, Cal/R Bland

M.FAT	5.364	P.FAT	1.152	CHOL	79.200
THIA	1.011	RIBO	.309	NIAC	6.376
VIT-E	0.000	VIT-K	0.000	FOLIC	.020
FE	3.893	CA	21.650	P	296.404
B	.000	CR	.000	CU	.085
RET	0.000	F	0.000	MO	0.000
LEU	1958.943	LYS	2179.725	TOT.S	975.322

Portion Weight: 150 Grams

CAL	251.542	PROT	27.194	FAT	12.867	S.FAT	4.600
CARBO	5.378	SUC	.200	FIBER	.283	VIT-A	272.736
B6	.342	B12	.351	VIT-C	13.875	VIT-D	0.000
PANTO	.062	BIOT	0.000	NA	73.821	K	469.312
I	0.000	MG	39.242	AL	.001	BA	.001
MN	.003	SR	.000	ZN	2.005	SACCH	2.002
SE	0.000	ARG	1635.592	HIS	917.651	ISO	1366.560
TOTPH	2003.061	THR	1234.279	TRY	345.590	VAL	1383.526

L-83(Mod) Variation 1 Creole Pork Chop, Na-Cal/R Bland

M.FAT	5.364	P.FAT	1.152	CHOL	79.200
THIA	1.011	RIBO	.309	NIAC	6.376
VIT-E	0.000	VIT-K	0.000	FOLIC	.020
FE	3.892	CA	20.108	P	296.015
B	.000	CR	.000	CU	.085
RET	0.000	F	0.000	MO	0.000
LEU	1958.912	LYS	2179.671	TOT.S	975.301

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Portion Weight: 170 Grams

CAL	340.776	PROT	14.771	FAT	28.792	S.FAT	9.494
CARBO	5.175	SUC	.897	FIBER	.253	VIT-A	254.510
B6	.289	B12	0.000	VIT-C	14.496	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	876.388	K	291.433
I	0.000	MG	21.348	AL	.003	BA	.001
MN	.004	SR	.000	ZN	.065	SACCH	.067
SE	0.000	ARG	877.949	HIS	494.338	ISO	748.753
TOTPH	1095.377	THR	673.846	TRY	186.685	VAL	757.057

L-99(Mod) Pork Adobo, Ground Meat Bland

M.FAT	12.452	P.FAT	3.425	CHOL	55.800
THIA	.700	RIBO	.191	NIAC	3.857
VIT-E	0.000	VIT-K	0.000	FOLIC	.012
FE	2.600	CA	25.244	P	170.134
B	.001	CR	.001	CU	.001
RET	0.000	F	0.000	MO	0.000
LEU	1073.603	LYS	1185.839	TOT.S	530.026

Portion Weight: 240 Grams

CAL	485.069	PROT	15.768	FAT	42.641	S.FAT	11.997
CARBO	10.158	SUC	2.787	FIBER	.654	VIT-A	895.216
B6	.288	B12	0.000	VIT-C	32.846	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	1109.630	K	379.331
I	0.000	MG	25.412	AL	.007	BA	.002
MN	.004	SR	.001	ZN	.188	SACCH	.114
SE	0.000	ARG	886.428	HIS	498.812	ISO	768.588
TOTPH	1125.312	THR	690.721	TRY	189.316	VAL	776.013

L-99(Mod) Pork Adobo, Thinned Strained

M.FAT	19.455	P.FAT	7.174	CHOL	55.800
THIA	.723	RIBO	.221	NIAC	4.003
VIT-E	0.000	VIT-K	0.000	FOLIC	.017
FE	3.096	CA	44.567	P	192.250
B	.001	CR	.002	CU	.001
RET	0.000	F	0.000	MO	0.000
LEU	1100.931	LYS	1211.008	TOT.S	540.153

Appendix A (Continued)

Portion Weight: 140 Grams

CAL	260.294	PROT	26.653	FAT	12.941	S.FAT	4.599	M.FAT	5.465	P.FAT	1.152	CHOL	79.200
CARBO	8.086	SUC	.795	FIBER	.295	VIT-A	49.506	THIA	.999	RIBO	.290	NIAC	5.949
B6	.306	B12	.351	VIT-C	7.733	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.013
PANTO	0.000	BIOT	0.000	NA	65.408	K	375.238	FE	3.583	CA	16.262	P	286.030
I	0.000	MG	32.747	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.032
MN	.009	SR	0.000	ZN	2.429	SACCH	.862	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1630.300	HIS	917.696	ISO	1365.044	LEU	1955.826	LYS	2182.460	TOT.S	974.114
TOTPH	1994.974	THR	1232.580	TRY	344.464	VAL	1383.369						

L-83(Mod) Variation 2, Pork Chops with Apple Rings
Cal/R and Na-Cal/R Bland

Portion Weight: 156 Grams

CAL	471.419	PROT	27.213	FAT	30.288	S.FAT	9.588	M.FAT	13.212	P.FAT	3.970	CHOL	109.828
CARBO	20.612	SUC	.591	FIBER	.130	VIT-A	326.893	THIA	1.038	RIBO	.381	NIAC	6.602
B6	.249	B12	.406	VIT-C	.071	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.024
PANTO	.132	BIOT	0.000	NA	1105.643	K	319.234	FE	4.343	CA	69.114	P	297.891
I	0.000	MG	35.768	AL	.098	BA	.018	B	.023	CR	.020	CU	.047
MN	.096	SR	.096	ZN	1.886	SACCH	.699	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1528.281	HIS	860.674	ISO	1322.859	LEU	1913.181	LYS	1973.845	TOT.S	953.430
TOTPH	1960.997	THR	1162.517	TRY	329.232	VAL	1338.572						

L-84(Mod) Baked Stuffed Pork Chops, Ground Meat Bland

Portion Weight: 241 Grams

CAL	546.101	PROT	25.083	FAT	44.387	S.FAT	12.940	M.FAT	20.140	P.FAT	7.430	CHOL	88.242
CARBO	10.797	SUC	.226	FIBER	.214	VIT-A	894.518	THIA	.940	RIBO	.312	NIAC	5.746
B6	.239	B12	.322	VIT-C	.552	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.013
PANTO	.051	BIOT	0.000	NA	751.987	K	323.391	FE	3.653	CA	71.814	P	279.824
I	0.000	MG	34.321	AL	.037	BA	.007	B	.009	CR	.008	CU	.018
MN	.034	SR	.037	ZN	1.877	SACCH	.265	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1462.814	HIS	824.565	ISO	1242.003	LEU	1786.401	LYS	1931.687	TOT.S	889.755
TOTPH	1825.218	THR	1109.709	TRY	311.643	VAL	1257.220						

L-84(Mod) Baked Stuffed Pork Chops, Thinned Strained

Portion weight: 90 Grams

CAL	243.000	PROT	27.540	FAT	13.860	S.FAT	4.986	M.FAT	5.823	P.FAT	1.251	CHOL	79.200
CARBO	0.000	SUC	0.000	FIBER	0.000	VIT-A	0.000	THIA	1.017	RIBO	.297	NIAC	6.120
B6	.288	B12	.351	VIT-C	0.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.007
PANTO	0.000	BIOT	0.000	NA	183.774	K	308.442	FE	3.510	CA	12.459	P	291.780
I	0.000	MG	29.157	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	1.919	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1687.651	HIS	951.782	ISO	1414.454	LEU	2026.944	LYS	2260.483	TOT.S	1009.066
TOTPH	2066.602	THR	1277.856	TRY	356.918	VAL	1432.080						

L-85(Mod) Braised Pork Chops, Cal/R Bland

Appendix A (Continued)

Portion Weight: 90 Grams

CAL	243.000	PROT	27.540	FAT	13.860	S.FAT	4.986
CARBO	0.000	SUC	0.000	FIBER	0.000	VIT-A	0.000
B6	.288	BI2	.351	VIT-C	0.000	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	67.500	K	308.430
I	0.000	MG	28.800	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	1.917	SACCH	0.000
SE	0.000	ARG	1687.651	HIS	951.782	ISO	1414.454
TOTPH	2066.602	THR	1277.856	TRY	356.918	VAL	1432.080

L-85(Mod) Braised Pork Chops, Na-Cal/R Bland

M.FAT	5.823	P.FAT	1.251	CHOL	79.200
THIA	1.017	RIBO	.297	NIAC	6.120
VIT-E	0.000	VIT-K	0.000	FOLIC	.007
FE	3.510	CA	11.700	P	291.600
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	2026.944	LYS	2260.483	TOT.S	1009.066

Portion Weight: 227 Grams

CAL	389.609	PROT	22.141	FAT	27.947	S.FAT	9.938
CARBO	12.361	SUC	2.650	FIBER	.666	VIT-A	1018.767
B6	.322	BI2	.293	VIT-C	29.584	VIT-D	0.000
PANTO	.106	BIOT	0.000	NA	1125.236	K	591.878
I	0.000	MG	42.393	AL	.005	BA	.001
MN	.001	SR	.003	ZN	2.672	SACCH	3.468
SE	0.000	ARG	1261.589	HIS	710.631	ISO	1079.950
TOTPH	1571.076	THR	971.095	TRY	268.020	VAL	1093.428

L-87(Mod) Pork Mexicana, Ground Meat Bland

M.FAT	11.577	P.FAT	2.551	CHOL	80.100
THIA	.516	RIBO	.299	NIAC	5.419
VIT-E	0.000	VIT-K	0.000	FOLIC	.028
FE	4.218	CA	41.390	P	249.007
B	.001	CR	.001	CU	.143
RET	0.000	F	0.000	MO	0.000
LEU	1549.567	LYS	1714.162	TOT.S	761.407

361 Portion Weight: 227 Grams

CAL	397.482	PROT	21.876	FAT	29.935	S.FAT	10.259
CARBO	9.969	SUC	1.688	FIBER	.944	VIT-A	1052.732
B6	.270	BI2	.293	VIT-C	23.599	VIT-D	0.000
PANTO	.045	BIOT	0.000	NA	573.520	K	464.920
I	0.000	MG	38.887	AL	.004	BA	.001
MN	.003	SR	.002	ZN	2.703	SACCH	1.502
SE	0.000	ARG	1257.636	HIS	708.595	ISO	1066.572
TOTPH	1560.529	THR	961.551	TRY	266.961	VAL	1078.637

L-87(Mod) Pork Mexicana, Thinned & Strained

M.FAT	12.518	P.FAT	2.985	CHOL	80.100
THIA	.507	RIBO	.269	NIAC	5.053
VIT-E	0.000	VIT-K	0.000	FOLIC	.017
FE	3.660	CA	49.137	P	244.925
B	.001	CR	.001	CU	.062
RET	0.000	F	0.000	MO	0.000
LEU	1528.370	LYS	1694.674	TOT.S	757.092

Portion Weight: 90 Grams

CAL	202.500	PROT	26.370	FAT	9.990	S.FAT	3.600
CARBO	0.000	SUC	0.000	FIBER	0.000	VIT-A	0.000
B6	.288	BI2	.351	VIT-C	0.000	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	64.620	K	295.380
I	0.000	MG	29.700	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	3.150	SACCH	0.000
SE	0.000	ARG	1615.954	HIS	911.347	ISO	1354.363
TOTPH	1978.805	THR	1223.568	TRY	341.755	VAL	1371.240

L-96(Mod) and L-81(Mod) Roast Fresh Ham and Roast Pork
Cal/R and Na-Cal/R Bland

M.FAT	4.194	P.FAT	.900	CHOL	79.200
THIA	.567	RIBO	.261	NIAC	5.040
VIT-E	0.000	VIT-K	0.000	FOLIC	.007
FE	3.330	CA	11.700	P	272.700
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1940.832	LYS	2164.450	TOT.S	966.197

Appendix A (Continued)

Portion Weight: 90 Grams

CAL	211.500	PROT	25.110	FAT	11.520	S.FAT	5.526	M.FAT	5.067	P.FAT	.234	CHOL	90.900
CARBO	0.000	SUC	0.000	FIBER	0.000	VIT-A	0.000	THIA	.081	RIBO	.261	NIAC	5.760
B6	0.000	B12	.972	VIT-C	0.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.003
PANTO	0.000	BIOT	0.000	NA	43.920	K	200.880	FE	3.150	CA	10.800	P	135.900
I	0.000	MG	16.200	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	3.780	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1635.163	HIS	807.538	ISO	1325.808	LEU	1840.061	LYS	2097.187	TOT.S	871.819
TOTPH	1924.430	THR	1088.770	TRY	329.443	VAL	1297.685						

L-103(Mod) Veal Steaks, Cal/R and Na-Cal/R Bland

Portion Weight: 170 Grams

CAL	217.924	PROT	18.563	FAT	12.694	S.FAT	5.132	M.FAT	5.672	P.FAT	1.086	CHOL	63.401
CARBO	7.241	SUC	.937	FIBER	.241	VIT-A	576.631	THIA	.169	RIBO	.278	NIAC	6.335
B6	.500	B12	0.000	VIT-C	40.735	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.031
PANTO	.247	BIOT	0.000	NA	714.503	K	534.466	FE	3.257	CA	59.842	P	216.842
I	0.000	MG	28.575	AL	.003	BA	.001	B	.001	CR	.001	CU	.158
MN	.003	SR	.000	ZN	3.671	SACCH	.418	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1076.379	HIS	531.468	ISO	873.313	LEU	1212.812	LYS	1378.555	TOT.S	574.438
TOTPH	1268.914	THR	716.660	TRY	217.054	VAL	854.683						

L-103(Mod) Veal Parmesan, Ground Meat Bland

36

Portion Weight: 255 Grams

CAL	222.976	PROT	14.896	FAT	12.222	S.FAT	4.215	M.FAT	5.534	P.FAT	1.589	CHOL	44.473
CARBO	15.309	SUC	1.411	FIBER	.719	VIT-A	1247.316	THIA	.203	RIBO	.256	NIAC	5.710
B6	.673	B12	0.000	VIT-C	97.945	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.067
PANTO	.594	BIOT	0.000	NA	1085.280	K	862.015	FE	3.627	CA	79.509	P	203.828
I	0.000	MG	46.682	AL	.003	BA	.001	B	.000	CR	.001	CU	.382
MN	.001	SR	.000	ZN	2.890	SACCH	1.215	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	739.047	HIS	364.984	ISO	599.227	LEU	831.655	LYS	947.868	TOT.S	394.037
TOTPH	869.787	THR	492.093	TRY	148.899	VAL	586.516						

L-103(Mod) Veal Parmesan, Thinned Strained

Portion Weight: 90 Grams

CAL	194.400	PROT	24.390	FAT	9.990	S.FAT	4.797	M.FAT	4.392	P.FAT	.198	CHOL	90.900
CARBO	0.000	SUC	0.000	FIBER	0.000	VIT-A	0.000	THIA	.063	RIBO	.225	NIAC	4.860
B6	.285	B12	1.017	VIT-C	0.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.002
PANTO	0.000	BIOT	0.000	NA	59.760	K	273.150	FE	2.880	CA	9.900	P	207.900
I	0.000	MG	18.000	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	2.880	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1588.277	HIS	784.382	ISO	1287.792	LEU	1787.299	LYS	2037.053	TOT.S	846.821
TOTPH	1869.250	THR	1057.550	TRY	319.997	VAL	1260.475						

L-106(Mod) Roast Veal, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 180 Grams

CAL	222.667	PROT	24.324	FAT	9.644	S.FAT	2.700
CARBO	8.405	SUC	.195	FIBER	.235	VIT-A	48711.125
B6	.653	B12	46.800	VIT-C	33.182	VIT-D	40.500
PANTO	.007	BIOT	0.000	NA	378.274	K	418.287
I	.230	MG	12.003	AL	.184	BA	.037
MN	.277	SR	.023	ZN	3.912	SACCH	1.688
SE	0.000	ARG	1463.036	HIS	638.439	ISO	1257.814
TOTPH	2108.602	THR	1145.440	TRY	361.662	VAL	1508.462

L-109(Mod) Liver Fiesta, Cal/R Bland

M.FAT	4.500	P.FAT	.900	CHOL	394.200
THIA	.262	RIBO	3.788	NIAC	15.234
VIT-E	0.000	VIT-K	0.000	FOLIC	.145
FE	2.949	CA	65.094	P	331.347
B	.055	CR	.055	CU	4.155
RET	0.000	F	0.000	MO	0.000
LEU	2214.343	LYS	1799.348	TOT.S	858.004

Portion Weight: 180 Grams

CAL	222.213	PROT	24.324	FAT	9.644	S.FAT	2.700
CARBO	8.359	SUC	.195	FIBER	.235	VIT-A	48711.125
B6	.653	B12	46.800	VIT-C	33.182	VIT-D	40.500
PANTO	.007	BIOT	0.000	NA	76.668	K	418.263
I	.230	MG	11.289	AL	.184	BA	.037
MN	.277	SR	.023	ZN	3.909	SACCH	1.688
SE	0.000	ARG	1463.036	HIS	638.439	ISO	1257.814
TOTPH	2108.602	THR	1145.440	TRY	361.662	VAL	1508.462

L-109(Mod) Liver Fiesta, Na-Cal/R Bland

M.FAT	4.500	P.FAT	.900	CHOL	394.200
THIA	.262	RIBO	3.788	NIAC	15.234
VIT-E	0.000	VIT-K	0.000	FOLIC	.145
FE	2.948	CA	63.576	P	330.987
B	.055	CR	.055	CU	4.155
RET	0.000	F	0.000	MO	0.000
LEU	2214.343	LYS	1799.348	TOT.S	858.004

Portion Weight: 170 Grams

CAL	339.198	PROT	25.039	FAT	21.101	S.FAT	4.788
CARBO	12.297	SUC	.702	FIBER	.539	VIT-A	48985.083
B6	.754	B12	46.800	VIT-C	60.155	VIT-D	40.500
PANTO	.102	BIOT	0.000	NA	668.997	K	591.038
I	1.030	MG	23.453	AL	.180	BA	.036
MN	.203	SR	.018	ZN	4.063	SACCH	3.950
SE	0.000	ARG	1477.569	HIS	635.393	ISO	1253.775
TOTPH	2118.634	THR	1140.702	TRY	361.698	VAL	1504.014

L-109(Mod) Liver Fiesta, Ground Meat Bland

M.FAT	10.343	P.FAT	4.027	CHOL	394.200
THIA	.298	RIBO	3.822	NIAC	15.671
VIT-E	0.000	VIT-K	0.000	FOLIC	.154
FE	3.382	CA	31.902	P	350.834
B	.049	CR	.054	CU	4.287
RET	0.000	F	0.000	MO	0.000
LEU	2206.518	LYS	1796.743	TOT.S	860.900

Appendix A (Continued)

Portion Weight: 90 Grams

CAL	159.301	PROT	25.891	FAT	4.810	S.FAT	.900	M.FAT	0.000	P.FAT	.900	CHOL	72.900
CARBO	1.607	SUC	.009	FIBER	.195	VIT-A	212.525	THIA	.082	RIBO	.109	NIAC	2.778
B6	.166	B12	.468	VIT-C	12.411	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	0.000	BIOT	0.000	NA	333.041	K	405.130	FE	1.053	CA	35.776	P	252.321
I	0.000	MG	31.670	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	22.040	SACCH	.603	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1705.650	HIS	757.146	ISO	1207.197	LEU	2193.375	LYS	2577.356	TOT.S	1169.779
TOTPH	2316.706	THR	1330.741	TRY	289.393	VAL	1346.613						

L-119(Mod) Baked Fish, Cal/R Bland

Portion Weight: 90 Grams

CAL	159.301	PROT	25.891	FAT	4.810	S.FAT	.900	M.FAT	0.000	P.FAT	.900	CHOL	72.900
CARBO	1.607	SUC	.009	FIBER	.195	VIT-A	212.525	THIA	.082	RIBO	.109	NIAC	2.778
B6	.166	B12	.468	VIT-C	12.411	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	0.000	BIOT	0.000	NA	100.493	K	405.106	FE	1.052	CA	34.258	P	251.961
I	0.000	MG	30.956	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	22.037	SACCH	.603	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1705.650	HIS	757.146	ISO	1207.197	LEU	2193.375	LYS	2577.356	TOT.S	1169.779
TOTPH	2316.706	THR	1330.741	TRY	289.393	VAL	1346.613						

L-119(Mod) Baked Fish, Na-Cal/R Bland

367

Portion Weight: 227 Grams

CAL	346.372	PROT	30.149	FAT	17.810	S.FAT	7.080	M.FAT	5.511	P.FAT	2.291	CHOL	84.655
CARBO	15.099	SUC	.004	FIBER	.065	VIT-A	596.369	THIA	.116	RIBO	.436	NIAC	9.216
B6	.391	B12	2.373	VIT-C	6.912	VIT-D	222.600	VIT-E	0.000	VIT-K	0.000	FOLIC	.025
PANTO	.029	BIOT	0.000	NA	1192.871	K	541.156	FE	2.222	CA	280.589	P	411.443
I	0.000	MG	58.032	AL	.025	BA	.020	B	.013	CR	.008	CU	.024
MN	.097	SR	.008	ZN	1.800	SACCH	9.222	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1180.393	HIS	1140.912	ISO	1082.750	LEU	1658.471	LYS	2005.368	TOT.S	826.741
TOTPH	1709.445	THR	928.955	TRY	281.422	VAL	1560.163						

L-133(Mod) Baked Tuna and Noodles, Thinned Strained

Portion Weight: 60 Grams

CAL	184.163	PROT	17.220	FAT	12.354	S.FAT	5.636	M.FAT	3.022	P.FAT	.883	CHOL	76.850
CARBO	.376	SUC	.003	FIBER	.032	VIT-A	605.385	THIA	.050	RIBO	.070	NIAC	1.827
B6	.111	B12	.312	VIT-C	2.455	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.008
PANTO	0.000	BIOT	0.000	NA	67.509	K	258.297	FE	.674	CA	22.663	P	167.291
I	0.000	MG	19.531	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	14.646	SACCH	.199	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1127.232	HIS	503.424	ISO	801.648	LEU	1458.288	LYS	1712.734	TOT.S	777.024
TOTPH	1534.896	THR	883.728	TRY	191.520	VAL	894.672						

L-119(Mod) Baked Fish, Renal

Appendix A (Continued)

Portion Weight: 90 Grams

CAL	187.461	PROT	20.217	FAT	9.792	S.FAT	3.122
CARBO	3.254	SUC	.001	FIBER	.068	VIT-A	318.730
B6	.297	B12	6.620	VIT-C	.770	VIT-D	284.798
PANTO	0.000	BIOT	0.000	NA	485.864	K	345.614
I	0.000	MG	35.106	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	1.156	SACCH	.099
SE	0.000	ARG	1042.519	HIS	560.068	ISO	834.384
TOTPH	1247.794	THR	804.886	TRY	203.662	VAL	981.905

L-128(Mod) Salmon Cakes, Cal/R Bland

M.FAT	3.278	P.FAT	.202	CHOL	77.105
THIA	.073	RIBO	.179	NIAC	6.678
VIT-E	0.000	VIT-K	0.000	FOLIC	.027
FE	1.500	CA	242.920	P	348.727
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1288.579	LYS	1641.919	TOT.S	666.325

Portion Weight: 90 Grams

CAL	187.461	PROT	20.217	FAT	9.792	S.FAT	3.122
CARBO	3.254	SUC	.001	FIBER	.068	VIT-A	318.730
B6	.297	B12	6.620	VIT-C	.770	VIT-D	284.798
PANTO	0.000	BIOT	0.000	NA	55.946	K	345.614
I	0.000	MG	35.106	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	1.156	SACCH	.099
SE	0.000	ARG	1042.519	HIS	560.068	ISO	834.384
TOTPH	1247.794	THR	804.886	TRY	203.662	VAL	981.905

L-128(Mod) Salmon Cakes, Na-Cal/R Bland

M.FAT	3.278	P.FAT	.202	CHOL	77.105
THIA	.073	RIBO	.179	NIAC	6.678
VIT-E	0.000	VIT-K	0.000	FOLIC	.027
FE	1.500	CA	242.920	P	348.727
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1288.579	LYS	1641.919	TOT.S	666.325

998

Portion Weight: 135 Grams

CAL	130.922	PROT	23.153	FAT	2.699	S.FAT	.665
CARBO	2.052	SUC	.228	FIBER	.100	VIT-A	299.032
B6	.372	B12	1.981	VIT-C	1.402	VIT-D	184.250
PANTO	0.000	BIOT	0.000	NA	729.198	K	260.577
I	.983	MG	26.981	AL	.008	BA	.002
MN	.490	SR	.005	ZN	.409	SACCH	.406
SE	0.000	ARG	1066.326	HIS	1032.255	ISO	918.790
TOTPH	1449.909	THR	819.505	TRY	246.773	VAL	1369.218

L-132(Mod) Tuna Salad, Cal/R Bland

M.FAT	.927	P.FAT	.148	CHOL	137.151
THIA	.051	RIBO	.130	NIAC	9.850
VIT-E	0.000	VIT-K	0.000	FOLIC	.023
FE	1.758	CA	28.842	P	181.626
B	.011	CR	.002	CU	.016
RET	0.000	F	0.000	MO	0.000
LEU	1410.650	LYS	1786.108	TOT.S	729.752

Portion Weight: 135 Grams

CAL	131.074	PROT	23.159	FAT	2.700	S.FAT	.665
CARBO	2.087	SUC	.240	FIBER	.103	VIT-A	299.032
B6	.373	B12	1.981	VIT-C	1.442	VIT-D	184.250
PANTO	0.000	BIOT	0.000	NA	62.529	K	298.786
I	1.013	MG	23.154	AL	.081	BA	.016
MN	.505	SR	.013	ZN	.410	SACCH	.428
SE	0.000	ARG	1067.096	HIS	1032.316	ISO	918.879
TOTPH	1450.274	THR	819.599	TRY	246.861	VAL	1369.351

L-132(Mod) Tuna Salad, Na-Cal/R Bland

M.FAT	.927	P.FAT	.148	CHOL	137.151
THIA	.051	RIBO	.130	NIAC	9.850
VIT-E	0.000	VIT-K	0.000	FOLIC	.023
FE	2.939	CA	20.488	P	177.264
B	.050	CR	.024	CU	.024
RET	0.000	F	0.000	MO	0.000
LEU	1410.808	LYS	1786.381	TOT.S	729.858

Appendix A (Continued)

Portion Weight: 135 Grams

CAL	141.240	PROT	17.625	FAT	6.458	S.FAT	1.807	M.FAT	1.929	P.FAT	.229	CHOL	116.515
CARBO	2.052	SUC	.228	FIBER	.100	VIT-A	284.292	THIA	.043	RIBO	.189	NIAC	5.943
B6	.291	B12	5.689	VIT-C	1.402	VIT-D	231.418	VIT-E	0.000	VIT-K	0.000	FOLIC	.027
PANTO	0.000	BIOT	0.000	NA	369.542	K	321.011	FE	1.169	CA	161.502	P	252.378
I	.983	MG	28.455	AL	.008	BA	.002	B	.011	CR	.002	CU	.016
MN	.490	SR	.005	ZN	.612	SACCH	.406	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	869.694	HIS	461.404	ISO	688.316	LEU	1063.788	LYS	1352.929	TOT.S	549.688
TOTPH	1032.885	THR	663.910	TRY	169.240	VAL	810.572						

L-132(Mod) Salmon Salad, Cal/R Bland

Portion Weight: 135 Grams

CAL	141.392	PROT	17.631	FAT	6.459	S.FAT	1.807	M.FAT	1.929	P.FAT	.229	CHOL	116.515
CARBO	2.087	SUC	.240	FIBER	.103	VIT-A	284.292	THIA	.043	RIBO	.189	NIAC	5.944
B6	.292	B12	5.689	VIT-C	1.442	VIT-D	231.418	VIT-E	0.000	VIT-K	0.000	FOLIC	.027
PANTO	0.000	BIOT	0.000	NA	77.269	K	321.633	FE	1.170	CA	161.255	P	252.438
I	1.013	MG	28.313	AL	.008	BA	.002	B	.011	CR	.002	CU	.016
MN	.490	SR	.005	ZN	.612	SACCH	.428	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	870.464	HIS	461.466	ISO	688.404	LEU	1063.946	LYS	1353.202	TOT.S	549.794
TOTPH	1033.250	THR	664.004	TRY	169.329	VAL	810.705						

L-132(Mod) Salmon Salad, Na-Cal/R Bland

396

Portion Weight: 180 Grams

CAL	164.435	PROT	29.234	FAT	1.351	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	238.200
CARBO	6.886	SUC	.085	FIBER	.270	VIT-A	287.100	THIA	.054	RIBO	.064	NIAC	5.334
B6	.183	B12	1.429	VIT-C	12.553	VIT-D	238.200	VIT-E	0.000	VIT-K	0.000	FOLIC	.034
PANTO	0.000	BIOT	0.000	NA	493.040	K	432.639	FE	2.756	CA	134.301	P	273.573
I	0.000	MG	69.155	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	2.493	SACCH	.852	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	2564.494	HIS	1049.983	ISO	1502.466	LEU	2605.983	LYS	2102.374	TOT.S	1474.139
TOTPH	2485.234	THR	1172.859	TRY	261.854	VAL	1423.816						

L-136(Mod) Creole Shrimp, Cal/R Bland

Appendix A (Continued)

Portion Weight: 150 Grams

CAL	185.990	PROT	28.593	FAT	5.273	S.FAT	1.644	M.FAT	1.949	P.FAT	1.030	CHOL	76.500
CARBO	4.468	SUC	.136	FIBER	.331	VIT-A	541.840	THIA	.127	RIBO	.203	NIAC	8.555
B6	.054	B12	0.000	VIT-C	8.402	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.021
PANTO	0.000	BIOT	0.000	NA	596.062	K	497.560	FE	1.804	CA	67.836	P	253.889
I	0.000	MG	4.045	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	2.212	SACCH	1.375	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1792.900	HIS	810.167	ISO	1485.068	LEU	2036.857	LYS	2471.003	TOT.S	1105.020
TOTPH	2102.543	THR	1200.259	TRY	344.909	VAL	1383.461						

L-148(Mod) Chicken Cacciatore, Cal/R Bland

Portion Weight: 150 Grams

CAL	185.319	PROT	28.581	FAT	5.273	S.FAT	1.645	M.FAT	1.949	P.FAT	1.030	CHOL	76.500
CARBO	4.375	SUC	.136	FIBER	.331	VIT-A	542.185	THIA	.127	RIBO	.203	NIAC	8.555
B6	.054	B12	0.000	VIT-C	8.402	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.021
PANTO	0.000	BIOT	0.000	NA	73.291	K	496.824	FE	1.803	CA	64.823	P	252.887
I	0.000	MG	2.590	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	2.204	SACCH	1.375	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1792.900	HIS	810.167	ISO	1485.068	LEU	2036.857	LYS	2471.003	TOT.S	1105.020
TOTPH	2102.543	THR	1200.259	TRY	344.909	VAL	1383.461						

L-148(Mod) Chicken Cacciatore, Na-Cal/R Bland

Portion Weight: 180 Grams

CAL	235.518	PROT	29.118	FAT	9.201	S.FAT	2.628	M.FAT	2.816	P.FAT	2.960	CHOL	76.500
CARBO	8.320	SUC	1.394	FIBER	.344	VIT-A	621.606	THIA	.150	RIBO	.192	NIAC	8.735
B6	.112	B12	0.000	VIT-C	15.734	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.025
PANTO	.125	BIOT	0.000	NA	848.876	K	648.270	FE	2.341	CA	30.852	P	260.387
I	0.000	MG	38.621	AL	.024	BA	.002	B	.001	CR	.002	CU	.183
MN	.002	SR	.004	ZN	2.350	SACCH	3.990	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1758.816	HIS	799.766	ISO	1465.999	LEU	2008.626	LYS	2439.692	TOT.S	1096.550
TOTPH	2071.059	THR	1178.222	TRY	338.097	VAL	1364.364						

L-148(Mod) Chicken Cacciatore, Ground Meat Bland

Portion Weight: 240 Grams

CAL	204.827	PROT	13.600	FAT	11.709	S.FAT	2.930	M.FAT	4.088	P.FAT	3.988	CHOL	.273
CARBO	12.156	SUC	2.020	FIBER	.573	VIT-A	677.724	THIA	.094	RIBO	.185	NIAC	3.818
B6	.286	B12	0.000	VIT-C	18.816	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.030
PANTO	.713	BIOT	0.000	NA	911.225	K	498.278	FE	2.314	CA	102.245	P	129.735
I	0.000	MG	36.589	AL	.003	BA	.001	B	.000	CR	.001	CU	.220
MN	.001	SR	.000	ZN	1.397	SACCH	4.284	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	0.000	HIS	0.000	ISO	0.000	LEU	0.000	LYS	0.000	TOT.S	0.000
TOTPH	0.000	THR	0.000	TRY	0.000	VAL	0.000						

L-148(Mod) Chicken Cacciatore, Thinned Strained

Appendix A (Continued)

Portion Weight: 135 Grams

CAL	191.159	PROT	30.260	FAT	5.531
CARBO	3.457	SUC	.135	FIBER	.212
B6	.050	B12	.160	VIT-C	12.790
PANTO	.117	BIOT	0.000	NA	369.061
I	.873	MG	11.976	AL	.010
MN	.627	SR	.007	ZN	2.418
SE	0.000	ARG	1860.692	HIS	868.845
TOTPH	2323.691	THR	1279.489	TRY	360.970

L-151(Mod) Chicken Salad, Cal/R Bland

S.FAT	1.872	M.FAT	2.049	P.FAT	1.036	CHOL	77.894
VIT-A	194.283	THIA	.112	RIBO	.195	NIAC	7.814
VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.013
K	446.881	FE	1.630	CA	53.811	P	273.716
BA	.002	B	.013	CR	.003	CU	.016
SACCH	1.477	RET	0.000	F	0.000	MO	0.000
ISO	1599.004	LEU	2244.076	LYS	2632.954	TOT.S	1186.247
VAL	1525.586						

Portion Weight: 135 Grams

CAL	191.251	PROT	30.262	FAT	5.531
CARBO	3.488	SUC	.136	FIBER	.212
B6	.051	B12	.160	VIT-C	12.958
PANTO	.117	BIOT	0.000	NA	96.85
I	.873	MG	11.294	AL	.010
MN	.627	SR	.007	ZN	2.416
SE	0.000	ARG	1860.692	HIS	868.845
TOTPH	2323.691	THR	1279.489	TRY	360.970

L-151(Mod) Chicken Salad, Na-Cal/R Bland

S.FAT	1.872	M.FAT	2.049	P.FAT	1.036	CHOL	77.894
VIT-A	194.363	THIA	.113	RIBO	.195	NIAC	7.815
VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.013
K	447.421	FE	1.630	CA	52.321	P	273.396
BA	.002	B	.013	CR	.003	CU	.016
SACCH	1.505	RET	0.000	F	0.000	MO	0.000
ISO	1599.004	LEU	2244.076	LYS	2632.954	TOT.S	1186.247
VAL	1525.586						

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Portion Weight: 270 Grams

CAL	187.044	PROT	28.320	FAT	5.237
CARBO	5.030	SUC	.085	FIBER	.400
B6	.024	B12	0.000	VIT-C	17.968
PANTO	0.000	BIOT	0.000	NA	344.442
I	0.000	MG	4.285	AL	0.000
MN	0.000	SR	0.000	ZN	2.252
SE	0.000	ARG	1783.158	HIS	806.021
TOTPH	2101.842	THR	1193.342	TRY	343.031

L-154(Mod) Creole Chicken, Cal/R Bland

S.FAT	1.643	M.FAT	1.949	P.FAT	1.026	CHOL	76.500
VIT-A	441.357	THIA	.117	RIBO	.153	NIAC	7.993
VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.017
K	442.240	FE	1.676	CA	49.638	P	240.413
BA	0.000	B	0.000	CR	0.000	CU	0.000
SACCH	.852	RET	0.000	F	0.000	MO	0.000
ISO	1480.021	LEU	2027.105	LYS	2459.605	TOT.S	1105.768
VAL	1377.744						

Portion Weight: 270 Grams

CAL	186.760	PROT	28.320	FAT	5.237
CARBO	5.002	SUC	.085	FIBER	.400
B6	.024	B12	0.000	VIT-C	17.968
PANTO	0.000	BIOT	0.000	NA	75.826
I	0.000	MG	3.571	AL	0.000
MN	0.000	SR	0.000	ZN	2.249
SE	0.000	ARG	1783.158	HIS	806.021
TOTPH	2101.842	THR	1193.342	TRY	343.031

L-154(Mod) Creole Chicken, Na-Cal/R Bland

S.FAT	1.643	M.FAT	1.949	P.FAT	1.026	CHOL	76.500
VIT-A	441.357	THIA	.117	RIBO	.153	NIAC	7.993
VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.017
K	442.216	FE	1.676	CA	48.120	P	240.053
BA	0.000	B	0.000	CR	0.000	CU	0.000
SACCH	.852	RET	0.000	F	0.000	MO	0.000
ISO	1480.021	LEU	2027.105	LYS	2459.605	TOT.S	1105.768
VAL	1377.744						

Appendix A (Continued)

Portion Weight: 150 Grams

CAL	194.550	PROT	27.922	FAT	5.216	S.FAT	1.646	M.FAT	1.951	P.FAT	1.026	CHOL	76.500
CARBO	7.645	SUC	.000	FIBER	.218	VIT-A	150.848	THIA	.136	RIBO	.143	NIAC	7.821
B6	.042	B12	0.000	VIT-C	4.165	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.010
PANTO	0.000	BIOT	0.000	NA	71.930	K	399.620	FE	1.643	CA	24.377	P	231.447
I	0.000	MG	5.175	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	2.204	SACCH	.047	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1751.904	HIS	798.336	ISO	1463.616	LEU	2004.710	LYS	2434.925	TOT.S	1095.494
TOTPH	2066.803	THR	1175.328	TRY	337.075	VAL	1361.606						

L-157(Mod) Pineapple Chicken, Cal/R and Na-Cal/R Bland

Portion Weight: 170 Grams

CAL	293.049	PROT	26.910	FAT	14.395	S.FAT	3.292	M.FAT	6.593	P.FAT	3.536	CHOL	72.335
CARBO	13.056	SUC	7.542	FIBER	.100	VIT-A	517.530	THIA	.111	RIBO	.147	NIAC	7.441
B6	.038	B12	0.000	VIT-C	9.932	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.015
PANTO	0.000	BIOT	0.000	NA	575.770	K	431.091	FE	1.661	CA	28.125	P	226.689
I	0.000	MG	9.536	AL	.024	BA	.005	B	.028	CR	.007	CU	.002
MN	.395	SR	.015	ZN	2.083	SACCH	1.947	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1662.418	HIS	757.611	ISO	1392.972	LEU	1910.294	LYS	2310.908	TOT.S	1040.703
TOTPH	1967.020	THR	1117.393	TRY	320.346	VAL	1296.651						

L-157(Mod) Pineapple Chicken, Ground Meat Bland

Portion Weight: 255 Grams

CAL	253.691	PROT	23.799	FAT	9.621	S.FAT	2.235	M.FAT	4.426	P.FAT	2.323	CHOL	64.525
CARBO	17.086	SUC	10.462	FIBER	.126	VIT-A	357.312	THIA	.087	RIBO	.166	NIAC	5.868
B6	.084	B12	0.000	VIT-C	21.146	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.025
PANTO	0.000	BIOT	0.000	NA	707.251	K	432.887	FE	1.632	CA	30.040	P	195.692
I	0.000	MG	34.250	AL	.042	BA	.009	B	.060	CR	.013	CU	.005
MN	.866	SR	.026	ZN	2.422	SACCH	4.148	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1444.130	HIS	619.592	ISO	1205.222	LEU	1757.554	LYS	2074.397	TOT.S	950.033
TOTPH	1726.969	THR	969.138	TRY	278.930	VAL	1128.569						

L-157(Mod) Pineapple Chicken, Thinned Strained

Portion Weight: 135 Grams

CAL	256.311	PROT	18.916	FAT	12.689	S.FAT	6.131	M.FAT	4.322	P.FAT	.959	CHOL	79.250
CARBO	16.767	SUC	9.167	FIBER	.288	VIT-A	484.483	THIA	.124	RIBO	.110	NIAC	5.373
B6	.078	B12	0.000	VIT-C	14.359	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.016
PANTO	.045	BIOT	0.000	NA	48.848	K	357.469	FE	1.240	CA	23.086	P	160.640
I	0.000	MG	13.000	AL	.043	BA	.010	B	.069	CR	.013	CU	.048
MN	.976	SR	.089	ZN	1.492	SACCH	2.160	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	1167.936	HIS	532.224	ISO	975.744	LEU	1336.474	LYS	1623.283	TOT.S	730.330
TOTPH	1377.869	THR	783.552	TRY	224.717	VAL	907.738						

L-157(Mod) Pineapple Chicken, Renal

Appendix A (Continued)

Portion Weight: 90 Grams.

CAL	166.604	PROT	27.877	FAT	5.166	S.FAT	1.643
CARBO	.266	SUC	0.000	FIBER	0.000	VIT-A	121.500
B6	0.000	B12	0.000	VIT-C	0.000	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	274.400	K	348.648
I	0.000	MG	0.000	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	2.106	SACCH	.025
SE	0.000	ARG	1754.664	HIS	799.691	ISO	1470.390
TOTPH	2073.552	THR	1180.095	TRY	337.828	VAL	1368.882

L-158(Mod) Savory Baked Chicken, Cal/R Bland

M.FAT	1.949	P.FAT	1.026	CHOL	76.500
THIA	.091	RIBO	.138	NIAC	7.706
VIT-E	0.000	VIT-K	0.000	FOLIC	.006
FE	1.529	CA	13.546	P	231.062
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	2015.498	LYS	2443.706	TOT.S	1098.154

Portion Weight: 90 Grams

CAL	168.642	PROT	27.909	FAT	5.202	S.FAT	1.647
CARBO	.815	SUC	0.000	FIBER	.178	VIT-A	280.242
B6	0.000	B12	0.000	VIT-C	5.373	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	70.340	K	362.636
I	0.000	MG	2.278	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	2.152	SACCH	0.000
SE	0.000	ARG	1760.611	HIS	799.518	ISO	1466.395
TOTPH	2075.251	THR	1178.357	TRY	338.318	VAL	1364.315

L-158(Mod) Savory Baked Chicken, Na-Cal/R Bland

M.FAT	1.951	P.FAT	1.043	CHOL	76.500
THIA	.097	RIBO	.141	NIAC	7.778
VIT-E	0.000	VIT-K	0.000	FOLIC	.006
FE	1.577	CA	16.658	P	231.855
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	2008.206	LYS	2439.779	TOT.S	1097.990

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Portion Weight: 180 Grams

CAL	257.574	PROT	28.536	FAT	12.927	S.FAT	3.655
CARBO	5.128	SUC	1.393	FIBER	.054	VIT-A	123.870
B6	.005	B12	0.000	VIT-C	.152	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	548.160	K	362.414
I	0.000	MG	28.488	AL	.033	BA	.002
MN	.016	SR	.005	ZN	2.150	SACCH	0.000
SE	0.000	ARG	1774.815	HIS	806.443	ISO	1478.155
TOTPH	2088.542	THR	1188.334	TRY	341.065	VAL	1375.866

L-158(Mod) Chicken and Wine, Ground Meat Bland
(Adapted from WRAMC Production Guide)

M.FAT	3.643	P.FAT	4.794	CHOL	77.381
THIA	.094	RIBO	.157	NIAC	8.029
VIT-E	0.000	VIT-K	0.000	FOLIC	.005
FE	1.589	CA	19.480	P	243.982
B	.001	CR	.003	CU	.020
RET	0.000	F	0.000	MO	0.000
LEU	2025.508	LYS	2460.200	TOT.S	1105.388

Portion Weight: 240 Grams

CAL	240.526	PROT	14.243	FAT	18.525	S.FAT	4.661
CARBO	3.932	SUC	.001	FIBER	.067	VIT-A	259.749
B6	.193	B12	.182	VIT-C	2.521	VIT-D	0.000
PANTO	.579	BIOT	0.000	NA	596.764	K	239.099
I	0.000	MG	22.462	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	1.069	SACCH	3.141
SE	0.000	ARG	0.000	HIS	0.000	ISO	0.000
TOTPH	0.000	THR	0.000	TRY	0.000	VAL	0.000

L-158(Mod) Chicken and Gravy, Thinned Strained
(Adapted from WRAMC Production Guide)

M.FAT	5.589	P.FAT	7.421	CHOL	1.618
THIA	.036	RIBO	.245	NIAC	2.898
VIT-E	0.000	VIT-K	0.000	FOLIC	.018
FE	1.441	CA	152.898	P	146.824
B	0.000	CR	0.000	CU	.041
RET	0.000	F	0.000	MO	0.000
LEU	0.000	LYS	0.000	TOT.S	0.000

Appendix A (Continued)

Portion Weight: 90 Grams

CAL	236.700	PROT	24.300	FAT	14.760	S.FAT	4.284
CARBO	0.000	SUC	0.000	FIBER	0.000	VIT-A	360.000
B6	0.000	B12	0.000	VIT-C	0.000	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	79.200	K	297.000
I	0.000	MG	25.200	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	2.520	SACCH	0.000
SE	0.000	ARG	1531.872	HIS	657.072	ISO	1275.264
TOTPH	1827.360	THR	1026.432	TRY	295.488	VAL	1193.616

L-161(Mod) Roast Turkey, Cal/R and Na-Cal/R Bland

M.FAT	6.345	P.FAT	3.096	CHOL	94.500
THIA	.063	RIBO	.198	NIAC	4.680
VIT-E	0.000	VIT-K	0.000	FOLIC	.003
FE	1.620	CA	11.700	P	211.500
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	1858.464	LYS	2200.608	TOT.S	1006.992

Portion Weight: 180 Grams

CAL	360.192	PROT	34.991	FAT	21.427	S.FAT	10.261
CARBO	4.698	SUC	.558	FIBER	.203	VIT-A	118.192
B6	.392	B12	1.480	VIT-C	2.853	VIT-D	0.000
PANTO	.019	BIOT	0.000	NA	693.281	K	459.791
I	0.000	MG	113.840	AL	.092	BA	.005
MN	.017	SR	.015	ZN	5.719	SACCH	.602
SE	0.000	ARG	2222.931	HIS	1187.337	ISO	1791.503
TOTPH	2574.860	THR	1514.808	TRY	402.096	VAL	1901.518

Beef and Mushrooms, Ground Meat Bland
(Adapted from WRAMC Production Guide)

M.FAT	9.406	P.FAT	.431	CHOL	117.418
THIA	.127	RIBO	.351	NIAC	8.003
VIT-E	0.000	VIT-K	0.000	FOLIC	.007
FE	5.173	CA	29.727	P	305.339
B	.002	CR	.007	CU	.085
RET	0.000	F	0.000	MO	0.000
LEU	2806.225	LYS	2989.859	TOT.S	1279.381

Portion Weight: 180 Grams

CAL	309.968	PROT	25.118	FAT	20.025	S.FAT	8.253
CARBO	5.995	SUC	1.869	FIBER	.061	VIT-A	306.500
B6	.282	B12	1.068	VIT-C	3.058	VIT-D	0.000
PANTO	.025	BIOT	0.000	NA	932.937	K	344.111
I	0.000	MG	26.304	AL	.004	BA	.001
MN	.009	SR	.000	ZN	4.151	SACCH	.784
SE	0.000	ARG	1584.347	HIS	852.849	ISO	1286.229
TOTPH	1846.330	THR	1084.953	TRY	287.275	VAL	1364.521

Beef Burgundy, Ground Meat Bland
(Adapted from WRAMC Production Guide)

M.FAT	9.124	P.FAT	1.555	CHOL	84.780
THIA	.094	RIBO	.216	NIAC	5.539
VIT-E	0.000	VIT-K	0.000	FOLIC	.007
FE	3.366	CA	24.169	P	214.131
B	.000	CR	.001	CU	.034
RET	0.000	F	0.000	MO	0.000
LEU	2014.251	LYS	2144.033	TOT.S	920.439

Portion Weight: 240 Grams

CAL	333.612	PROT	17.626	FAT	22.208	S.FAT	6.970
CARBO	16.305	SUC	2.710	FIBER	.552	VIT-A	848.050
B6	.240	B12	.673	VIT-C	11.801	VIT-D	0.000
PANTO	.088	BIOT	0.000	NA	899.022	K	472.396
I	0.000	MG	34.531	AL	.004	BA	.001
MN	.014	SR	.002	ZN	2.999	SACCH	2.800
SE	0.000	ARG	1006.900	HIS	541.243	ISO	819.395
TOTPH	1180.772	THR	689.200	TRY	183.407	VAL	868.166

Beef Burgundy, Thinned Strained
(Adapted from WRAMC Production Guide)

M.FAT	10.562	P.FAT	3.530	CHOL	53.578
THIA	.127	RIBO	.173	NIAC	4.179
VIT-E	0.000	VIT-K	0.000	FOLIC	.016
FE	2.990	CA	63.412	P	179.498
B	.001	CR	.001	CU	.119
RET	0.000	F	0.000	MO	0.000
LEU	1284.176	LYS	1355.251	TOT.S	586.420

Appendix A (continued)

Portion Weight: 180 Grams

CAL	301.186	PROT	26.659	FAT	12.831	S.FAT	4.599
CARBO	18.733	SUC	12.824	FIBER	.101	VIT-A	3.779
B6	.305	B12	.351	VIT-C	1.781	VIT-D	0.000
PANTO	.019	BIOT	0.000	NA	558.336	K	407.286
I	0.000	MG	40.677	AL	.032	BA	.007
MN	.221	SR	.046	ZN	2.461	SACCH	.017
SE	0.000	ARG	1623.341	HIS	915.377	ISO	1363.582
TOTPH	1990.138	THR	1230.979	TRY	343.432	VAL	1380.857

L-82(Mod) Sweet and Sour Pork, Ground Meat Bland
(Adapted from WRAMC Production Guide)

M.FAT	5.364	P.FAT	1.152	CHOL	79.200
THIA	.995	RIBO	.294	NIAC	5.953
VIT-E	0.000	VIT-K	0.000	FOLIC	.009
FE	3.805	CA	26.697	P	283.648
B	.019	CR	.010	CU	.026
RET	0.000	F	0.000	MO	0.000
LEU	1954.776	LYS	2177.795	TOT.S	971.299

Portion Weight: 240 Grams

CAL	256.264	PROT	11.932	FAT	14.286	S.FAT	3.603
CARBO	20.537	SUC	14.460	FIBER	.081	VIT-A	127.385
B6	.189	B12	0.000	VIT-C	3.197	VIT-D	0.000
PANTO	.579	BIOT	0.000	NA	255.838	K	257.643
I	0.000	MG	22.697	AL	.030	BA	.006
MN	.006	SR	.019	ZN	1.116	SACCH	.025
SE	0.000	ARG	2.760	HIS	1.355	ISO	6.774
TOTPH	6.749	THR	4.767	TRY	.753	VAL	7.276

L-82(Mod) Sweet and Sour Pork, Thinned Strained
(Adapted from WRAMC Production Guide)

M.FAT	4.605	P.FAT	5.384	CHOL	0.000
THIA	.035	RIBO	.146	NIAC	2.863
VIT-E	0.000	VIT-K	0.000	FOLIC	.012
FE	1.687	CA	78.621	P	88.341
B	.005	CR	.009	CU	.041
RET	0.000	F	0.000	MO	0.000
LEU	10.788	LYS	8.781	TOT.S	2.659

375

Portion Weight: 240 Grams

CAL	188.417	PROT	15.632	FAT	7.406	S.FAT	2.481
CARBO	15.167	SUC	.517	FIBER	1.964	VIT-A	773.385
B6	.261	B12	.841	VIT-C	15.365	VIT-D	0.000
PANTO	.100	BIOT	0.000	NA	781.045	K	544.114
I	0.000	MG	43.085	AL	.000	BA	.000
MN	.000	SR	.000	ZN	2.938	SACCH	3.191
SE	0.000	ARG	119.638	HIS	88.621	ISO	139.135
TOTPH	237.947	THR	130.716	TRY	27.029	VAL	148.883

Pork and Beans, Thinned Strained
(Adapted from WRAMC Production Guide)

M.FAT	3.547	P.FAT	.810	CHOL	1.816
THIA	.213	RIBO	.228	NIAC	2.980
VIT-E	0.000	VIT-K	0.000	FOLIC	.027
FE	2.422	CA	58.196	P	147.397
B	.000	CR	.000	CU	.196
RET	0.000	F	0.000	MO	0.000
LEU	232.186	LYS	168.823	TOT.S	36.778

Appendix A (Continued)

Portion Weight: 144 Grams

CAL	57.610	PROT	2.246	FAT	.595	S.FAT	.183
CARBO	12.009	SUC	1.324	FIBER	.677	VIT-A	157.220
B6	.071	B12	.127	VIT-C	6.558	VIT-D	0.000
PANTO	.093	BIOT	0.000	NA	55.494	K	171.511
I	.593	MG	16.093	AL	.029	BA	.006
MN	.594	SR	.022	ZN	.340	SACCH	4.376
SE	0.000	ARG	85.066	HIS	59.083	ISO	114.075
TOTPH	210.771	THR	89.446	TRY	19.933	VAL	140.256

M-1(Mod) Apple, Celery, and Pineapple Salad, Cal/R Bland

M.FAT	.080	P.FAT	.008	CHOL	1.110
THIA	.066	RIBO	.072	NIAC	.234
VIT-E	0.000	VIT-K	0.000	FOLIC	.017
FE	.471	CA	42.583	P	44.368
B	.029	CR	.009	CU	.048
RET	0.000	F	0.000	MO	0.000
LEU	202.843	LYS	162.775	TOT.S	76.500

Portion Weight: 144 Grams

CAL	57.610	PROT	2.246	FAT	.595	S.FAT	.183
CARBO	12.009	SUC	1.324	FIBER	.677	VIT-A	157.220
B6	.071	B12	.127	VIT-C	6.558	VIT-D	0.000
PANTO	.093	BIOT	0.000	NA	23.904	K	171.511
I	.593	MG	16.093	AL	.029	BA	.006
MN	.594	SR	.022	ZN	.340	SACCH	4.376
SE	0.000	ARG	85.066	HIS	59.083	ISO	114.075
TOTPH	210.771	THR	89.446	TRY	19.933	VAL	140.256

M-1(Mod) Apple, Celery, and Pineapple Salad, Na-Cal/R Bland

M.FAT	.080	P.FAT	.008	CHOL	1.110
THIA	.066	RIBO	.072	NIAC	.234
VIT-E	0.000	VIT-K	0.000	FOLIC	.017
FE	.471	CA	42.583	P	44.368
B	.029	CR	.009	CU	.048
RET	0.000	F	0.000	MO	0.000
LEU	202.843	LYS	162.775	TOT.S	76.500

376

Portion Weight: 80 Grams

CAL	34.059	PROT	2.361	FAT	.459	S.FAT	.183
CARBO	5.803	SUC	.654	FIBER	.506	VIT-A	110.610
B6	.076	B12	.127	VIT-C	16.421	VIT-D	0.000
PANTO	.093	BIOT	0.000	NA	62.293	K	157.044
I	2.875	MG	15.208	AL	.047	BA	.009
MN	1.146	SR	.019	ZN	.321	SACCH	3.151
SE	0.000	ARG	107.921	HIS	63.368	ISO	119.608
TOTPH	215.702	THR	93.724	TRY	21.790	VAL	144.155

M-3(Mod) Cabbage, Apple, and Celery Salad, Cal/R Bland

M.FAT	.080	P.FAT	.008	CHOL	1.110
THIA	.033	RIBO	.065	NIAC	.184
VIT-E	0.000	VIT-K	0.000	FOLIC	.026
FE	.981	CA	47.364	P	44.710
B	.126	CR	.014	CU	.044
RET	0.000	F	0.000	MO	0.000
LEU	209.361	LYS	173.262	TOT.S	82.765

Portion Weight: 80 Grams

CAL	34.059	PROT	2.361	FAT	.459	S.FAT	.183
CARBO	5.803	SUC	.654	FIBER	.506	VIT-A	110.610
B6	.076	B12	.127	VIT-C	16.421	VIT-D	0.000
PANTO	.093	BIOT	0.000	NA	30.610	K	157.044
I	2.875	MG	15.208	AL	.047	BA	.009
MN	1.146	SR	.019	ZN	.321	SACCH	3.151
SE	0.000	ARG	107.921	HIS	63.368	ISO	119.608
TOTPH	215.702	THR	93.724	TRY	21.790	VAL	144.155

M-3(Mod) Cabbage, Apple and Celery Salad, Na-Cal/R Bland

M.FAT	.080	P.FAT	.008	CHOL	1.110
THIA	.033	RIBO	.065	NIAC	.184
VIT-E	0.000	VIT-K	0.000	FOLIC	.026
FE	.981	CA	47.364	P	44.710
B	.126	CR	.014	CU	.044
RET	0.000	F	0.000	MO	0.000
LEU	209.361	LYS	173.262	TOT.S	82.765

Appendix A (Continued)

Portion Weight: 75 Grams

CAL	24.378	PROT	1.369	FAT	.162	S.FAT	.002	M.FAT	.001	P.FAT	.008	CHOL	0.000
CARBO	4.989	SUC	.155	FIBER	.478	VIT-A	347.314	THIA	.041	RIBO	.037	NIAC	.361
B6	.058	B12	0.000	VIT-C	13.344	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.030
PANTO	0.000	BIOT	0.000	NA	18.694	K	147.544	FE	.850	CA	18.517	P	29.787
I	1.267	MG	4.863	AL	.048	BA	.010	B	.071	CR	.014	CU	.021
MN	.072	SR	.022	ZN	.258	SACCH	1.776	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	75.486	HIS	30.158	ISO	59.880	LEU	90.331	LYS	78.965	TOT.S	28.805
TOTPH	102.604	THR	51.885	TRY	12.257	VAL	66.091						

M-4(Mod) Frijole Salad, Cal/R Bland

Portion Weight: 75 Grams

CAL	24.265	PROT	1.369	FAT	.162	S.FAT	.002	M.FAT	.001	P.FAT	.008	CHOL	0.000
CARBO	4.977	SUC	.155	FIBER	.478	VIT-A	347.314	THIA	.041	RIBO	.037	NIAC	.361
B6	.058	B12	0.000	VIT-C	13.344	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.030
PANTO	0.000	BIOT	0.000	NA	4.343	K	147.544	FE	.850	CA	18.517	P	29.787
I	1.267	MG	4.863	AL	.048	BA	.010	B	.071	CR	.014	CU	.021
MN	.072	SR	.022	ZN	.258	SACCH	1.776	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	75.486	HIS	30.158	ISO	59.880	LEU	90.331	LYS	78.965	TOT.S	28.805
TOTPH	102.604	THR	51.885	TRY	12.257	VAL	66.091						

M-4(Mod) Frijole Salad, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 90 Grams

CAL	34.080	PROT	2.160	FAT	.147	S.FAT	.029
CARBO	6.810	SUC	.153	FIBER	.408	VIT-A	68.050
B6	.095	B12	.153	VIT-C	24.188	VIT-D	0.000
PANTO	.160	BIOT	0.000	NA	138.913	K	167.052
I	3.060	MG	6.884	AL	.051	BA	.010
MN	.117	SR	.012	ZN	.338	SACCH	4.220
SE	0.000	ARG	92.718	HIS	47.407	ISO	97.022
TOTPH	239.201	THR	77.239	TRY	13.555	VAL	138.970

M-9(Mod) Cole Slaw with Creamy Dressing, Cal/R Bland

M.FAT	.012	P.FAT	.001	CHOL	.500
THIA	.038	RIBO	.084	NIAC	.184
VIT-E	0.000	VIT-K	0.000	FOLIC	.037
FE	1.247	CA	73.969	P	54.990
B	.173	CR	.015	CU	.015
RET	0.000	F	0.000	MO	0.000
LEU	171.446	LYS	159.646	TOT.S	72.129

Portion Weight: 90 Grams

CAL	34.080	PROT	2.160	FAT	.147	S.FAT	.029
CARBO	6.810	SUC	.153	FIBER	.408	VIT-A	68.050
B6	.095	B12	.153	VIT-C	24.188	VIT-D	0.000
PANTO	.160	BIOT	0.000	NA	22.639	K	167.040
I	3.060	MG	6.527	AL	.051	BA	.010
MN	.117	SR	.012	ZN	.336	SACCH	4.220
SE	0.000	ARG	92.718	HIS	47.407	ISO	97.022
TOTPH	239.201	THR	77.239	TRY	13.555	VAL	138.970

M-9(Mod) Cole Slaw with Creamy Dressing, Na-Cal/R Bland

M.FAT	.012	P.FAT	.001	CHOL	.500
THIA	.038	RIBO	.084	NIAC	.184
VIT-E	0.000	VIT-K	0.000	FOLIC	.037
FE	1.247	CA	73.210	P	54.810
B	.173	CR	.015	CU	.015
RET	0.000	F	0.000	MO	0.000
LEU	171.446	LYS	159.646	TOT.S	72.129

378

Portion Weight: 165 Grams

CAL	217.502	PROT	1.563	FAT	11.544	S.FAT	1.435
CARBO	29.638	SUC	22.947	FIBER	.962	VIT-A	156.008
B6	.192	B12	0.000	VIT-C	56.403	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	8.689	K	245.245
I	7.200	MG	4.306	AL	.165	BA	.033
MN	.285	SR	.032	ZN	.209	SACCH	4.080
SE	0.000	ARG	117.312	HIS	27.955	ISO	44.928
TOTPH	66.893	THR	43.680	TRY	12.480	VAL	48.173

M-8(Mod) Cole Slaw, Renal

M.FAT	2.737	P.FAT	6.634	CHOL	0.000
THIA	.060	RIBO	.060	NIAC	.360
VIT-E	2.407	VIT-K	0.000	FOLIC	.079
FE	2.909	CA	57.735	P	38.417
B	.413	CR	.050	CU	.041
RET	0.000	F	0.000	MO	0.000
LEU	63.648	LYS	73.632	TOT.S	45.677

Appendix A (Continued)

Portion Weight: 164 Grams

M-13(Mod) Cottage Cheese and Peach Salad, Cal/P Bland

CAL	66.666	PROT	8.418	FAT	.258	S.FAT	.000	M.FAT	.000	P.FAT	.002	CHOL	3.178
CARBO	8.030	SUC	.040	FIBER	.443	VIT-A	924.861	THIA	.034	RIBO	.163	NIAC	.648
B6	.048	B12	.454	VIT-C	6.478	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.047
PANTO	0.000	BIOT	0.000	NA	136.449	K	184.429	FE	.784	CA	56.359	P	94.469
I	.554	MG	8.486	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.058
MN	.061	SR	0.000	ZN	.106	SACCH	.277	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	20.725	HIS	13.270	ISO	16.842	LEU	31.714	LYS	25.994	TOT.S	29.990
TOTPH	41.218	THR	25.327	TRY	4.554	VAL	35.744						

Portion Weight: 164 Grams

M-13(Mod) Variation 1, Cottage Cheese and Apricot Salad, Cal/R Bland

CAL	68.666	PROT	8.688	FAT	.338	S.FAT	.000	M.FAT	.000	P.FAT	.002	CHOL	3.178
CARBO	8.230	SUC	.040	FIBER	.543	VIT-A	2202.861	THIA	.044	RIBO	.163	NIAC	.528
B6	.083	B12	.454	VIT-C	6.778	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.044
PANTO	0.000	BIOT	0.000	NA	136.449	K	274.429	FE	1.004	CA	62.359	P	97.469
I	.554	MG	10.486	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.008
MN	.061	SR	0.000	ZN	.120	SACCH	.277	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	20.774	HIS	15.138	ISO	22.184	LEU	36.674	LYS	30.250	TOT.S	19.824
TOTPH	40.546	THR	24.970	TRY	5.807	VAL	30.619						

Portion Weight: 164 Grams

M-13(Mod) Variation 2, Cottage Cheese and Pear Salad, Cal/R, Bland

CAL	71.666	PROT	8.168	FAT	.228	S.FAT	.000	M.FAT	.000	P.FAT	.002	CHOL	3.178
CARBO	9.680	SUC	.040	FIBER	.643	VIT-A	392.861	THIA	.034	RIBO	.153	NIAC	.178
B6	.043	B12	.454	VIT-C	4.378	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.051
PANTO	0.000	BIOT	0.000	NA	136.449	K	135.429	FE	.674	CA	58.359	P	91.469
I	.554	MG	7.486	AL	.050	BA	.047	B	.150	CR	.015	CU	.057
MN	.071	SR	.026	ZN	.101	SACCH	.277	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	13.883	HIS	6.125	ISO	15.274	LEU	23.826	LYS	14.970	TOT.S	11.824
TOTPH	31.954	THR	15.407	TRY	4.063	VAL	21.520						

Portion Weight: 144 Grams

M-13(Mod) Variation 3, Cottage Cheese and Pineapple Salad, Cal/R Bland

CAL	104.076	PROT	8.187	FAT	.247	S.FAT	.000	M.FAT	.000	P.FAT	.002	CHOL	3.178
CARBO	17.971	SUC	7.400	FIBER	.455	VIT-A	93.201	THIA	.098	RIBO	.163	NIAC	.356
B6	.088	B12	.454	VIT-C	7.202	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.016
PANTO	.080	BIOT	0.000	NA	134.772	K	165.479	FE	.619	CA	56.451	P	91.257
I	0.000	MG	15.213	AL	.060	BA	.015	B	.084	CR	.018	CU	.089
MN	.942	SR	.151	ZN	.143	SACCH	.277	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	8.012	HIS	2.851	ISO	6.786	LEU	11.234	LYS	6.786	TOT.S	5.702
TOTPH	13.914	THR	7.299	TRY	1.739	VAL	9.637						

Appendix A (Continued)

Portion Weight: 164 Grams

CAL	58.808	PROT	7.837	FAT	.488	S.FAT	.254	M.FAT	.118	P.FAT	.012	CHOL	1.226
CARBO	7.900	SUC	.040	FIBER	.399	VIT-A	614.138	THIA	.031	RIBO	.107	NIAC	.638
B6	.061	B12	.287	VIT-C	4.088	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.019
PANTO	.098	BIOT	0.000	NA	16.309	K	165.566	FE	.488	CA	34.050	P	76.974
I	0.000	MG	9.646	AL	.020	BA	.004	B	.016	CR	.006	CU	.057
MN	.014	SR	.015	ZN	.308	SACCH	.277	RET	4.994	F	0.000	MO	0.000
SE	0.000	ARG	346.332	HIS	252.238	ISO	437.702	LEU	769.371	LYS	606.241	TOT.S	311.580
TOTPH	808.868	THR	342.011	TRY	84.629	VAL	478.437						

M-13(Mod) Cottage Cheese and Peach Salad, Na-Cal/R Bland

Portion Weight: 164 Grams

CAL	60.808	PROT	8.107	FAT	.568	S.FAT	.254	M.FAT	.118	P.FAT	.012	CHOL	1.226
CARBO	8.100	SUC	.040	FIBER	.499	VIT-A	1892.138	THIA	.041	RIBO	.107	NIAC	.518
B6	.096	B12	.287	VIT-C	4.388	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.016
PANTO	.098	BIOT	0.000	NA	16.309	K	255.566	FE	.708	CA	40.050	P	79.974
I	0.000	MG	11.646	AL	.020	BA	.004	B	.016	CR	.006	CU	.007
MN	.014	SR	.015	ZN	.322	SACCH	.277	RET	4.994	F	0.000	MO	0.000
SE	0.000	ARG	346.382	HIS	254.105	ISO	443.044	LEU	774.331	LYS	610.497	TOT.S	301.414
TOTPH	808.196	THR	341.655	TRY	85.882	VAL	473.312						

M-13(Mod) Variation 1, Cottage Cheese and Apricot Salad, Na-Cal/R Bland

36
Portion Weight: 164 Grams

CAL	63.808	PROT	7.587	FAT	.458	S.FAT	.254	M.FAT	.118	P.FAT	.012	CHOL	1.226
CARBO	9.550	SUC	.040	FIBER	.599	VIT-A	82.138	THIA	.031	RIBO	.097	NIAC	.168
B6	.056	B12	.287	VIT-C	1.988	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.023
PANTO	.098	BIOT	0.000	NA	16.309	K	116.566	FE	.379	CA	36.050	P	73.974
I	0.000	MG	8.646	AL	.070	BA	.051	B	.166	CR	.021	CU	.056
MN	.024	SR	.041	ZN	.303	SACCH	.277	RET	4.994	F	0.000	MO	0.000
SE	0.000	ARG	339.490	HIS	245.093	ISO	436.134	LEU	761.483	LYS	595.217	TOT.S	293.414
TOTPH	799.604	THR	332.091	TRY	84.138	VAL	464.213						

M-13(Mod) Variation 2, Cottage Cheese and Pear Salad, Na-Cal/R Bland

Portion Weight: 144 Grams

CAL	66.008	PROT	7.637	FAT	.508	S.FAT	.254	M.FAT	.118	P.FAT	.012	CHOL	1.226
CARBO	9.960	SUC	.040	FIBER	.339	VIT-A	122.138	THIA	.085	RIBO	.103	NIAC	.278
B6	.101	B12	.287	VIT-C	6.788	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.019
PANTO	.098	BIOT	0.000	NA	14.109	K	145.766	FE	.409	CA	41.650	P	70.974
I	0.000	MG	11.046	AL	.020	BA	.004	B	.016	CR	.006	CU	.007
MN	.014	SR	.015	ZN	.342	SACCH	.277	RET	4.994	F	0.000	MO	0.000
SE	0.000	ARG	337.180	HIS	243.086	ISO	430.662	LEU	753.883	LYS	590.049	TOT.S	289.826
TOTPH	787.748	THR	327.227	TRY	82.588	VAL	456.613						

M-13(Mod) Variation 3, Cottage Cheese and Pineapple Salad, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 130 Grams

CAL	97.100	PROT	7.749	FAT	.682	S.FAT	.384	M.FAT	.174	P.FAT	.018	CHOL	2.400
CARBO	15.562	SUC	8.400	FIBER	.203	VIT-A	293.800	THIA	.020	RIBO	.113	NIAC	.504
B6	.054	B12	.380	VIT-C	3.290	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.009
PANTO	.164	BIOT	0.000	NA	33.000	K	115.300	FE	.273	CA	38.700	P	88.100
I	2.660	MG	6.500	AL	.035	BA	.007	B	.196	CR	.011	CU	.036
MN	.032	SR	.004	ZN	.288	SACCH	1.632	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	345.542	HIS	253.956	ISO	441.564	LEU	775.898	LYS	612.259	TOT.S	302.229
TOTPH	812.045	THR	340.059	TRY	84.722	VAL	475.937						

M-13(Mod) Cottage Cheese and Peach Salad, Renal

Portion Weight: 160 Grams

CAL	117.200	PROT	7.634	FAT	.742	S.FAT	.384	M.FAT	.174	P.FAT	.018	CHOL	2.400
CARBO	20.802	SUC	11.300	FIBER	.580	VIT-A	22.200	THIA	.023	RIBO	.119	NIAC	.317
B6	.055	B12	.380	VIT-C	1.100	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.008
PANTO	.151	BIOT	0.000	NA	33.000	K	116.600	FE	.304	CA	41.600	P	87.400
I	0.000	MG	7.000	AL	0.000	BA	0.000	B	0.000	CR	.400	CU	.049
MN	0.000	SR	0.000	ZN	.309	SACCH	1.632	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	341.422	HIS	249.516	ISO	442.284	LEU	772.810	LYS	606.107	TOT.S	290.431
TOTPH	809.405	THR	334.595	TRY	84.893	VAL	468.313						

M-13(Mod) Variation 2, Cottage Cheese and Pear Salad, Renal

Portion Weight: 120 Grams

CAL	136.800	PROT	7.866	FAT	.744	S.FAT	.384	M.FAT	.174	P.FAT	.018	CHOL	2.400
CARBO	25.872	SUC	11.040	FIBER	.528	VIT-A	39.000	THIA	.121	RIBO	.135	NIAC	.449
B6	.130	B12	.380	VIT-C	9.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.013
PANTO	.249	BIOT	0.000	NA	33.000	K	208.800	FE	.576	CA	53.400	P	88.800
I	0.000	MG	22.200	AL	.060	BA	.017	B	.102	CR	.018	CU	.122
MN	1.392	SR	.204	ZN	.368	SACCH	1.632	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	338.990	HIS	247.404	ISO	436.524	LEU	764.810	LYS	600.667	TOT.S	286.655
TOTPH	796.925	THR	329.475	TRY	83.261	VAL	460.313						

M-13(Mod) Variation 3, Cottage Cheese and Pineapple Salad, Renal

Appendix A (Continued)

Portion Weight: 164 Grams

CAL	72.698	PROT	7.453	FAT	2.127	S.FAT	1.049
CARBO	6.591	SUC	.040	FIBER	.599	VIT-A	1042.520
B6	.129	B12	.454	VIT-C	24.188	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	204.531	K	245.928
I	3.000	MG	13.313	AL	.211	BA	.042
MN	.232	SR	.037	ZN	.411	SACCH	3.677
SE	0.000	ARG	40.044	HIS	19.395	ISO	38.818
TOTPH	61.082	THR	43.731	TRY	11.243	VAL	40.261

M-14(Mod) Cottage Cheese and Tomato Salad, Cal/R Bland

M.FAT	.631	P.FAT	.059	CHOL	8.626
THIA	.085	RIBO	.165	NIAC	.805
VIT-E	0.000	VIT-K	0.000	FOLIC	.052
FE	.680	CA	42.952	P	91.324
B	.039	CR	.063	CU	.096
RET	0.000	F	0.000	MO	0.000
LEU	56.114	LYS	52.546	TOT.S	18.726

Portion Weight: 164 Grams

CAL	72.698	PROT	7.453	FAT	2.127	S.FAT	1.049
CARBO	6.591	SUC	.040	FIBER	.599	VIT-A	1042.520
B6	.129	B12	.454	VIT-C	24.188	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	27.9	K	245.928
I	3.000	MG	13.313	AL	.211	BA	.042
MN	.232	SR	.037	ZN	.411	SACCH	3.677
SE	0.000	ARG	40.044	HIS	19.395	ISO	38.818
TOTPH	61.082	THR	43.731	TRY	11.243	VAL	40.261

M-14(Mod) Cottage Cheese and Tomato Salad, Na-Cal/R Bland

M.FAT	.631	P.FAT	.059	CHOL	8.626
THIA	.085	RIBO	.165	NIAC	.805
VIT-E	0.000	VIT-K	0.000	FOLIC	.052
FE	.680	CA	42.952	P	91.324
B	.039	CR	.063	CU	.096
RET	0.000	F	0.000	MO	0.000
LEU	56.114	LYS	52.546	TOT.S	18.726

Portion Weight: 75 Grams

CAL	23.387	PROT	1.212	FAT	.885	S.FAT	.430
CARBO	3.111	SUC	.106	FIBER	.346	VIT-A	159.405
B6	.034	B12	0.000	VIT-C	6.068	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	127.874	K	111.799
I	1.518	MG	12.453	AL	.051	BA	.010
MN	.029	SR	.061	ZN	.218	SACCH	2.240
SE	0.000	ARG	38.247	HIS	6.755	ISO	14.814
TOTPH	1.733	THR	12.711	TRY	3.945	VAL	16.492

M-16(Mod) Cucumber and Yogurt Salad, Cal/R Bland

M.FAT	.292	P.FAT	.032	CHOL	1.816
THIA	.023	RIBO	.057	NIAC	.129
VIT-E	0.000	VIT-K	0.000	FOLIC	.013
FE	.418	CA	39.890	P	28.556
B	.022	CR	.015	CU	.015
RET	0.000	F	0.000	MO	0.000
LEU	20.214	LYS	21.344	TOT.S	.502

Portion Weight: 75 Grams

CAL	23.387	PROT	1.212	FAT	.885	S.FAT	.430
CARBO	3.111	SUC	.106	FIBER	.346	VIT-A	159.405
B6	.034	B12	0.000	VIT-C	6.068	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	11.600	K	111.787
I	1.518	MG	12.096	AL	.051	BA	.010
MN	.029	SR	.061	ZN	.217	SACCH	2.240
SE	0.000	ARG	38.247	HIS	6.755	ISO	14.814
TOTPH	1.733	THR	12.711	TRY	3.945	VAL	16.492

M-16(Mod) Cucumber and Yogurt Salad, Na-Cal/R Bland

M.FAT	.292	P.FAT	.032	CHOL	1.816
THIA	.023	RIBO	.057	NIAC	.129
VIT-E	0.000	VIT-K	0.000	FOLIC	.013
FE	.418	CA	39.131	P	28.376
B	.022	CR	.015	CU	.015
RET	0.000	F	0.000	MO	0.000
LEU	20.214	LYS	21.344	TOT.S	.502

Appendix A (Continued)

Portion Weight: 95 Grams

CAL	50.101	PROT	1.632	FAT	.456	S.FAT	.227	M.FAT	.098	P.FAT	.009	CHOL	1.362
CARBO	10.874	SUC	2.568	FIBER	.260	VIT-A	103.782	THIA	.060	RIBO	.072	NIAC	.270
B6	.094	B12	.128	VIT-C	19.182	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.018
PANTO	.134	BIOT	0.000	NA	16.838	K	189.718	FE	.219	CA	55.841	P	42.128
I	0.000	MG	13.924	AL	.006	BA	.001	B	.009	CR	.002	CU	.012
MN	.031	SR	.003	ZN	.606	SACCH	3.703	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	54.522	HIS	41.566	ISO	72.686	LEU	130.146	LYS	119.580	TOT.S	53.851
TOTPH	149.298	THR	55.418	TRY	9.413	VAL	109.238						

M-17(Mod) Fruit Salad, Cal/R and Na-Cal/R Bland

Portion Weight: 75 Grams

CAL	43.653	PROT	6.251	FAT	.866	S.FAT	.528	M.FAT	.232	P.FAT	.024	CHOL	3.285
CARBO	2.647	SUC	.029	FIBER	.187	VIT-A	217.417	THIA	.023	RIBO	.102	NIAC	.142
B6	.052	B12	.329	VIT-C	8.586	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	.142	BIOT	0.000	NA	194.035	K	103.959	FE	.293	CA	46.935	P	76.575
I	.704	MG	8.481	AL	.011	BA	.002	B	.008	CR	.003	CU	.008
MN	.239	SR	.011	ZN	.287	SACCH	1.968	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	286.796	HIS	200.372	ISO	359.185	LEU	628.825	LYS	499.259	TOT.S	235.199
TOTPH	655.613	THR	272.263	TRY	67.462	VAL	389.335						

M-18(Mod) Garden Cottage Cheese Salad, Cal/R Bland

383

Portion Weight: 75 Grams

CAL	43.653	PROT	6.251	FAT	.866	S.FAT	.528	M.FAT	.232	P.FAT	.024	CHOL	3.285
CARBO	2.647	SUC	.029	FIBER	.187	VIT-A	217.417	THIA	.023	RIBO	.102	NIAC	.142
B6	.052	B12	.329	VIT-C	8.586	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	.142	BIOT	0.000	NA	34.680	K	103.959	FE	.293	CA	46.935	P	76.575
I	.704	MG	8.481	AL	.011	BA	.002	B	.008	CR	.003	CU	.008
MN	.239	SR	.011	ZN	.287	SACCH	1.968	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	286.796	HIS	200.372	ISO	359.185	LEU	628.825	LYS	499.259	TOT.S	235.199
TOTPH	655.613	THR	272.263	TRY	67.462	VAL	389.335						

M-18(Mod) Garden Cottage Cheese Salad, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 240 Grams

CAL	41.641	PROT	2.502	FAT	.112	S.FAT	0.000
CARBO	8.630	SUC	.232	FIBER	.415	VIT-A	1342.090
B6	.078	B12	0.000	VIT-C	6.817	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	21.111	K	133.048
I	.678	MG	18.259	AL	.031	BA	.010
MN	.033	SR	.038	ZN	1.073	SACCH	.933
SE	0.000	ARG	175.267	HIS	20.538	ISO	39.677
TOTPH	70.803	THR	51.356	TRY	2.861	VAL	65.590

M-20(Mod) Golden Glow Salad, Cal/R and Na-Cal/R Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.073	RIBO	.031	NIAC	.262
VIT-E	0.000	VIT-K	0.000	FOLIC	.016
FE	.501	CA	26.296	P	13.640
B	.040	CR	.009	CU	.029
RET	0.000	F	0.000	MO	0.000
LEU	78.686	LYS	99.706	TOT.S	27.713

Portion Weight: 119 Grams

CAL	46.548	PROT	.776	FAT	.170	S.FAT	0.000
CARBO	11.868	SUC	3.789	FIBER	.448	VIT-A	204.680
B6	.028	B12	0.000	VIT-C	42.676	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	2.240	K	215.244
I	0.000	MG	13.852	AL	.045	BA	.009
MN	.019	SR	.051	ZN	.134	SACCH	4.374
SE	0.000	ARG	30.331	HIS	8.086	ISO	16.797
TOTPH	33.933	THR	12.489	TRY	4.666	VAL	22.980

M-21(Mod) Grapefruit and Orange Salad, Cal/R and Na-Cal/R Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.082	RIBO	.042	NIAC	.359
VIT-E	0.000	VIT-K	0.000	FOLIC	.036
FE	.289	CA	34.812	P	26.076
B	.091	CR	.013	CU	.028
RET	0.000	F	0.000	MO	0.000
LEU	20.640	LYS	28.197	TOT.S	15.109

Portion Weight: 90 Grams

CAL	39.300	PROT	.530	FAT	.130	S.FAT	0.000
CARBO	10.100	SUC	3.290	FIBER	.300	VIT-A	120.000
B6	.017	B12	0.000	VIT-C	37.000	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	.650	K	167.400
I	0.000	MG	10.400	AL	.025	BA	.005
MN	.005	SR	.036	ZN	.078	SACCH	3.600
SE	0.000	ARG	17.920	HIS	4.211	ISO	8.064
TOTPH	16.128	THR	4.211	TRY	2.451	VAL	10.752

M-21(Mod) Grapefruit and Orange Salad, Renal

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.060	RIBO	.026	NIAC	.260
VIT-E	0.000	VIT-K	0.000	FOLIC	.024
FE	.165	CA	26.200	P	18.300
B	.075	CR	.007	CU	.021
RET	0.000	F	0.000	MO	0.000
LEU	7.616	LYS	17.784	TOT.S	7.571

Portion Weight: 170 Grams

CAL	58.816	PROT	2.657	FAT	.122	S.FAT	0.000
CARBO	13.320	SUC	5.340	FIBER	.300	VIT-A	114.000
B6	.306	B12	0.000	VIT-C	6.000	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	8.339	K	245.881
I	0.000	MG	20.096	AL	.030	BA	.006
MN	.156	SR	.014	ZN	2.483	SACCH	u.040
SE	0.000	ARG	212.486	HIS	65.503	ISO	47.232
TOTPH	93.465	THR	62.114	TRY	7.942	VAL	76.566

M-22(Mod) Jellied Banana Salad, Cal/R and Na-Cal/R Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.030	RIBO	.036	NIAC	.420
VIT-E	0.000	VIT-K	0.000	FOLIC	.011
FE	.115	CA	12.176	P	10.259
B	.044	CR	.009	CU	.060
RET	0.000	F	0.000	MO	0.000
LEU	91.757	LYS	114.584	TOT.S	48.940

Appendix A (Continued)

Portion Weight: 156 Grams

M-23(Mod) Jellied Cranberry and Orange Salad, Cal/R and Na-Cal/R Bland

CAL	21.781	PROT	2.212	FAT	.150	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	3.368	SUC	.503	FIBER	.339	VIT-A	49.750	THIA	.018	RIBO	.010	NIAC	.082
B6	.011	B12	0.000	VIT-C	7.135	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.006
PANTO	0.000	BIOT	0.000	NA	14.434	K	58.246	FE	.212	CA	19.311	P	5.159
I	.518	MG	8.628	AL	.008	BA	.002	B	.012	CR	.003	CU	.012
MN	.540	SR	.006	ZN	.858	SACCH	1.104	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	170.499	HIS	18.180	ISO	33.121	LEU	67.816	LYS	93.083	TOT.S	21.475
TOTPH	58.899	THR	43.281	TRY	1.612	VAL	56.526						

Portion Weight: 199 Grams

M-25(Mod) Jellied Fruit Salad, Cal/R and Na-Cal/R Bland

CAL	48.791	PROT	2.478	FAT	.249	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	10.395	SUC	2.605	FIBER	.499	VIT-A	664.670	THIA	.025	RIBO	.024	NIAC	.300
B6	.128	B12	0.000	VIT-C	4.130	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.007
PANTO	0.000	BIOT	0.000	NA	8.414	K	176.071	FE	.307	CA	15.698	P	10.448
I	0.000	MG	10.974	AL	.010	BA	.002	B	.015	CR	.003	CU	.039
MN	.057	SR	.005	ZN	1.387	SACCH	3.888	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	181.674	HIS	36.950	ISO	40.088	LEU	80.329	LYS	105.282	TOT.S	32.980
TOTPH	73.069	THR	53.321	TRY	4.322	VAL	65.945						

586

Portion Weight: 71 Grams

M-27(Mod) German Cole Slaw, Cal/R Bland

CAL	17.017	PROT	.814	FAT	.148	S.FAT	.003	M.FAT	.019	P.FAT	.004	CHOL	0.000
CARBO	3.915	SUC	.371	FIBER	.476	VIT-A	99.137	THIA	.028	RIBO	.029	NIAC	.174
B6	.091	B12	0.000	VIT-C	26.094	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.036
PANTO	0.000	BIOT	0.000	NA	121.147	K	119.003	FE	1.337	CA	29.732	P	19.589
I	3.615	MG	3.055	AL	.051	BA	.010	B	.173	CR	.015	CU	.021
MN	.132	SR	.012	ZN	.115	SACCH	2.235	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	64.294	HIS	13.033	ISO	20.750	LEU	30.020	LYS	36.406	TOT.S	21.393
TOTPH	39.045	THR	20.328	TRY	6.960	VAL	22.957						

Portion Weight: 71 Grams

M-27(Mod) German Cole Slaw, Na-Cal/R Bland

CAL	18.282	PROT	.891	FAT	.155	S.FAT	.003	M.FAT	.019	P.FAT	.004	CHOL	0.000
CARBO	4.192	SUC	.371	FIBER	.572	VIT-A	97.862	THIA	.034	RIBO	.034	NIAC	.206
B6	.111	B12	0.000	VIT-C	34.341	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.037
PANTO	0.000	BIOT	0.000	NA	5.492	K	131.760	FE	1.368	CA	28.280	P	20.816
I	3.645	MG	3.226	AL	.051	BA	.010	B	.173	CR	.015	CU	.022
MN	.143	SR	.012	ZN	.121	SACCH	2.235	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	66.108	HIS	14.055	ISO	24.163	LEU	33.462	LYS	40.236	TOT.S	23.985
TOTPH	47.685	THR	24.086	TRY	7.608	VAL	25.449						

Portion Weight: 190 Grams

CAL	32.242	PROT	2.441	FAT	.078	S.FAT	.002
CARBO	6.200	SUC	0.000	FIBER	.326	VIT-A	532.413
B6	.019	B12	0.000	VIT-C	2.950	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	9.696	K	102.731
I	0.000	MG	5.935	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	.870	SACCH	.024
SE	0.000	ARG	171.902	HIS	25.108	ISO	35.122
TOTPH	71.540	THR	54.354	TRY	2.169	VAL	71.925

M-28(Mod) Jellied Spiced Peach Salad, Cal/R and Na-Cal/R Bland

M.FAT	.002	P.FAT	0.000	CHOL	0.000
THIA	.010	RIBO	.020	NIAC	.522
VIT-E	0.000	VIT-K	0.000	FOLIC	.006
FE	.370	CA	14.011	P	10.188
B	0.000	CR	0.000	CU	.050
RET	0.000	F	0.000	MO	0.000
LEU	76.120	LYS	103.630	TOT.S	39.624

Portion Weight: 229 Grams

CAL	72.328	PROT	8.025	FAT	.560	S.FAT	.291
CARBO	9.459	SUC	.040	FIBER	.324	VIT-A	119.638
B6	.097	B12	.287	VIT-C	6.438	VIT-D	0.000
PANTO	.098	BIOT	0.000	NA	193.178	K	143.697
I	0.000	MG	11.416	AL	.020	BA	.004
MN	.014	SR	.015	ZN	1.120	SACCH	1.512
SE	0.000	ARG	427.474	HIS	206.030	ISO	365.208
TOTPH	667.406	THR	296.223	TRY	64.868	VAL	408.107

M-30(Mod) Jellied Pineapple and Cottage Cheese Salad, Cal/R Bland

M.FAT	.132	P.FAT	.014	CHOL	1.816
THIA	.081	RIBO	.102	NIAC	.268
VIT-E	0.000	VIT-K	0.000	FOLIC	.019
FE	.407	CA	51.726	P	70.783
B	.016	CR	.006	CU	.007
RET	0.000	F	0.000	MO	0.000
LEU	650.650	LYS	548.841	TOT.S	240.498

Portion Weight: 229 Grams

CAL	72.328	PROT	8.025	FAT	.560	S.FAT	.291
CARBO	9.459	SUC	.040	FIBER	.324	VIT-A	119.638
B6	.097	B12	.287	VIT-C	6.438	VIT-D	0.000
PANTO	.098	BIOT	0.000	NA	33.82	K	143.697
I	0.000	MG	11.416	AL	.020	BA	.004
MN	.014	SR	.015	ZN	1.120	SACCH	1.512
SE	0.000	ARG	427.474	HIS	206.030	ISO	365.208
TOTPH	667.406	THR	296.223	TRY	64.868	VAL	408.107

M-30(Mod) Jellied Pineapple and Cottage Cheese Salad, Na-Cal/R Bland

M.FAT	.132	P.FAT	.014	CHOL	1.816
THIA	.081	RIBO	.102	NIAC	.268
VIT-E	0.000	VIT-K	0.000	FOLIC	.019
FE	.407	CA	51.726	P	70.783
B	.016	CR	.006	CU	.007
RET	0.000	F	0.000	MO	0.000
LEU	650.650	LYS	548.841	TOT.S	240.498

Portion Weight: 119 Grams

CAL	26.771	PROT	2.809	FAT	.126	S.FAT	0.000
CARBO	4.360	SUC	.440	FIBER	.652	VIT-A	2340.610
B6	.105	B12	0.000	VIT-C	28.261	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	38.714	K	169.092
I	2.530	MG	26.136	AL	.061	BA	.019
MN	.552	SR	.063	ZN	1.160	SACCH	1.930
SE	0.000	ARG	198.162	HIS	28.009	ISO	57.504
TOTPH	103.490	THR	69.103	TRY	7.141	VAL	83.363

M-33(Mod) Lettuce and Tomato Salad, Cal/P and Na-Cal/R Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.044	RIBO	.042	NIAC	.313
VIT-E	0.000	VIT-K	0.000	FOLIC	.027
FE	.953	CA	30.019	P	22.271
B	.116	CR	.018	CU	.061
RET	0.000	F	0.000	MO	0.000
LEU	102.072	LYS	121.132	TOT.S	42.510

Appendix A (Continued)

Portion Weight: 52 Grams

CAL	9.075	PROT	.522	FAT	.077	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	1.973	SUC	.055	FIBER	.263	VIT-A	315.750	THIA	.032	RIBO	.027	NIAC	.258
B6	.040	B12	0.000	VIT-C	7.400	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.020
PANTO	0.000	BIOT	0.000	NA	2.453	K	82.725	FE	.278	CA	7.300	P	11.775
I	.750	MG	5.410	AL	.053	BA	.011	B	.026	CR	.016	CU	.030
MN	.069	SR	.024	ZN	.114	SACCH	1.235	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	19.136	HIS	8.096	ISO	17.433	LEU	26.822	LYS	20.865	TOT.S	11.176
TOTPH	31.117	THR	19.246	TRY	4.792	VAL	21.041						

M-33(Mod) Lettuce and Tomato Salad, Renal

Portion Weight: 106 Grams

CAL	48.878	PROT	.798	FAT	.160	S.FAT	0.000
CARBO	12.540	SUC	4.317	FIBER	.432	VIT-A	196.580
B6	.124	B12	0.000	VIT-C	30.827	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	2.584	K	233.730
I	0.000	MG	16.477	AL	.046	BA	.009
MN	.069	SR	.044	ZN	.672	SACCH	4.688
SE	0.000	ARG	39.439	HIS	22.866	ISO	19.870
TOTPH	41.667	THR	18.302	TRY	6.305	VAL	27.388

M-35(Mod) Mixed Fruit Salad - Banana, Orange and Grapefruit

Salad, Cal/R and Na-Cal/R Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.068	RIBO	.044	NIAC	.399
VIT-E	0.000	VIT-K	0.000	FOLIC	.030
FE	.262	CA	25.169	P	22.858
B	.081	CR	.014	CU	.041
RET	0.000	F	0.000	MO	0.000
LEU	27.923	LYS	30.103	TOT.S	22.354

367

Portion Weight: 106 Grams

CAL	35.609	PROT	.458	FAT	.146	S.FAT	0.000
CARBO	9.159	SUC	.040	FIBER	.439	VIT-A	266.486
B6	.044	B12	0.000	VIT-C	4.555	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	3.037	K	116.182
I	0.000	MG	7.619	AL	.020	BA	.004
MN	.019	SR	.015	ZN	.131	SACCH	.277
SE	0.000	ARG	12.507	HIS	6.920	ISO	11.003
TOTPH	23.109	THR	14.180	TRY	2.913	VAL	19.032

M-35(Mod) Mixed Fruit Salad - Apple, Peach and Pineapple

Salad, Cal/R and Na-Cal/R Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.045	RIBO	.029	NIAC	.313
VIT-E	0.000	VIT-K	0.000	FOLIC	.012
FE	.371	CA	9.822	P	13.463
B	.016	CR	.006	CU	.043
RET	0.000	F	0.000	MO	0.000
LEU	19.711	LYS	15.327	TOT.S	14.078

Portion Weight: 111 Grams

CAL	37.639	PROT	.628	FAT	.151	S.FAT	0.000
CARBO	9.578	SUC	.090	FIBER	.524	VIT-A	693.070
B6	.044	B12	0.000	VIT-C	3.520	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	4.253	K	150.359
I	0.000	MG	7.539	AL	.036	BA	.020
MN	.017	SR	.024	ZN	.110	SACCH	5.827
SE	0.000	ARG	22.885	HIS	12.709	ISO	13.931
TOTPH	30.431	THR	17.803	TRY	3.953	VAL	21.809

M-35(Mod) Mixed Fruit Salad - Apricot, Grape and Pear Salad,

Cal/R and Na-Cal/R Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.034	RIBO	.029	NIAC	.284
VIT-E	0.000	VIT-K	0.000	FOLIC	.013
FE	.455	CA	11.352	P	17.798
B	.066	CR	.011	CU	.024
RET	0.000	F	0.000	MO	0.000
LEU	23.694	LYS	18.676	TOT.S	18.195

Appendix A (Continued)

Portion Weight: 189 Grams

CAL	25.564	PROT	1.357	FAT	.259	S.FAT	0.000
CARBO	5.393	SUC	.040	FIBER	.639	VIT-A	1276.200
B6	.111	B12	0.000	VIT-C	26.564	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	3.232	K	230.272
I	3.554	MG	11.889	AL	.100	BA	.020
MN	.261	SR	.012	ZN	.200	SACCH	3.677
SE	0.000	ARG	43.605	HIS	20.662	ISO	41.834
TOTPH	67.266	THR	46.975	TRY	12.016	VAL	44.544

M-36(Mod) Perfection Salad, Cal/R and Na-Cal/R Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.070	RIBO	.056	NIAC	.779
VIT-E	0.000	VIT-K	0.000	FOLIC	.074
FE	.807	CA	18.464	P	17.950
B	.014	CR	.030	CU	.088
RET	0.000	F	0.000	MO	0.000
LEU	61.106	LYS	55.562	TOT.S	21.261

Portion Weight: 70 Grams

CAL	35.707	PROT	1.016	FAT	.085	S.FAT	.004
CARBO	8.557	SUC	.305	FIBER	.577	VIT-A	12.203
B6	.042	B12	0.000	VIT-C	3.877	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	215.311	K	170.075
I	.777	MG	9.433	AL	0.000	BA	0.000
MN	.020	SR	0.000	ZN	2.166	SACCH	.808
SE	0.000	ARG	30.280	HIS	9.324	ISO	20.553
TOTPH	57.317	THR	14.535	TRY	7.217	VAL	20.896

M-37(Mod) Pickled Beet and Onion Salad, Cal/R Bland

M.FAT	.006	P.FAT	0.000	CHOL	0.000
THIA	.012	RIBO	.028	NIAC	.115
VIT-E	0.000	VIT-K	0.000	FOLIC	.029
FE	.677	CA	18.455	P	19.279
B	0.000	CR	0.000	CU	.006
RET	0.000	F	0.000	MO	0.000
LEU	23.572	LYS	37.639	TOT.S	19.827

308

Portion Weight: 70 Grams

CAL	35.367	PROT	.960	FAT	.085	S.FAT	.004
CARBO	8.399	SUC	.305	FIBER	.577	VIT-A	12.203
B6	.042	B12	0.000	VIT-C	3.877	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	56.022	K	159.302
I	.777	MG	13.969	AL	.057	BA	.147
MN	.066	SR	.079	ZN	.896	SACCH	.808
SE	0.000	ARG	29.273	HIS	8.553	ISO	18.730
TOTPH	53.298	THR	13.329	TRY	6.727	VAL	19.154

M-37(Mod) Pickled Beet and Onion Salad, Na-Cal/R Bland

M.FAT	.006	P.FAT	0.000	CHOL	0.000
THIA	.012	RIBO	.028	NIAC	.115
VIT-E	0.000	VIT-K	0.000	FOLIC	.029
FE	.847	CA	15.053	P	21.547
B	.079	CR	.017	CU	.120
RET	0.000	F	0.000	MO	0.000
LEU	21.631	LYS	34.591	TOT.S	18.122

Portion Weight: 160 Grams

CAL	113.083	PROT	2.044	FAT	5.883	S.FAT	1.430
CARBO	14.354	SUC	.498	FIBER	1.330	VIT-A	32.919
B6	.000	B12	0.000	VIT-C	10.741	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	84.737	K	391.942
I	0.000	MG	32.366	AL	.001	BA	.000
MN	.000	SR	.000	ZN	5.177	SACCH	.041
SE	0.000	ARG	31.258	HIS	23.936	ISO	56.602
TOTPH	124.749	THR	37.453	TRY	15.206	VAL	54.067

M-37(Mod) Pickled Beets, Renal

M.FAT	1.201	P.FAT	2.850	CHOL	0.000
THIA	.052	RIBO	.071	NIAC	.518
VIT-E	0.000	VIT-K	0.000	FOLIC	.137
FE	1.009	CA	26.819	P	42.123
B	.000	CR	.000	CU	.000
RET	0.000	F	0.000	MO	0.000
LEU	60.262	LYS	94.618	TOT.S	52.941

Appendix A (Continued)

Portion Weight: 126 Grams

CAL	64.167	PROT	2.221	FAT	.642	S.FAT	.168	M.FAT	.248	P.FAT	.041	CHOL	22.680
CARBO	12.749	SUC	.240	FIBER	.485	VIT-A	90.418	THIA	.077	RIBO	.042	NIAC	.944
B6	.020	B12	.090	VIT-C	13.807	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	0.000	BIOT	0.000	NA	189.629	K	253.669	FE	.672	CA	16.032	P	46.083
I	1.013	MG	21.195	AL	.008	BA	.002	B	.011	CR	.002	CU	.017
MN	.490	SR	.005	ZN	.312	SACCH	.428	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	87.454	HIS	22.715	ISO	66.846	LEU	78.563	LYS	82.757	TOT.S	34.976
TOTPH	99.288	THR	60.227	TRY	17.827	VAL	81.978						

M-40(Mod) Potato Salad, Cal/R Bland

Portion Weight: 126 Grams

CAL	64.167	PROT	2.221	FAT	.642	S.FAT	.168	M.FAT	.248	P.FAT	.041	CHOL	22.680
CARBO	12.749	SUC	.240	FIBER	.485	VIT-A	90.418	THIA	.077	RIBO	.042	NIAC	.944
B6	.020	B12	.090	VIT-C	13.807	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	0.000	BIOT	0.000	NA	15.218	K	253.651	FE	.672	CA	14.894	P	45.813
I	1.013	MG	20.659	AL	.008	BA	.002	B	.011	CR	.002	CU	.017
MN	.490	SR	.005	ZN	.309	SACCH	.428	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	87.454	HIS	22.715	ISO	66.846	LEU	78.563	LYS	82.757	TOT.S	34.976
TOTPH	99.288	THR	60.227	TRY	17.827	VAL	81.978						

M-40(Mod) Potato Salad, Na-Cal/R Bland

389

Portion Weight: 55 Grams

CAL	57.588	PROT	.950	FAT	2.850	S.FAT	.700	M.FAT	.588	P.FAT	1.400	CHOL	0.000
CARBO	7.390	SUC	0.000	FIBER	.250	VIT-A	0.000	THIA	.045	RIBO	.015	NIAC	.600
B6	.000	B12	0.000	VIT-C	8.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.004
PANTO	0.000	BIOT	0.000	NA	1.028	K	142.920	FE	.250	CA	3.000	P	21.000
I	0.000	MG	9.528	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.153	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	46.816	HIS	13.680	ISO	41.648	LEU	47.272	LYS	50.616	TOT.S	20.976
TOTPH	58.976	THR	37.392	TRY	10.184	VAL	50.768						

M-40(Mod) Potato Salad, Renal

Portion Weight: 80 Grams

CAL	15.480	PROT	.804	FAT	.119	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	3.415	SUC	.075	FIBER	.507	VIT-A	479.500	THIA	.043	RIBO	.040	NIAC	.341
B6	.057	B12	0.000	VIT-C	21.274	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.025
PANTO	0.000	BIOT	0.000	NA	5.154	K	146.011	FE	.468	CA	15.080	P	19.040
I	1.057	MG	11.869	AL	.045	BA	.009	B	.022	CR	.014	CU	.035
MN	.101	SR	.020	ZN	.131	SACCH	1.613	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	46.627	HIS	11.799	ISO	25.256	LEU	36.683	LYS	33.567	TOT.S	15.297
TOTPH	44.996	THR	26.353	TRY	7.510	VAL	29.268						

M-44(Mod) Spring Salad, Cal/R. and Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 60 Grams

CAL	10.962	PROT	.629	FAT	.090	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	2.413	SUC	.048	FIBER	.465	VIT-A	275.060	THIA	.034	RIBO	.034	NIAC	.247
B6	.068	B12	0.000	VIT-C	25.196	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.017
PANTO	0.000	BIOT	0.000	NA	3.355	K	104.072	FE	.366	CA	8.714	P	11.966
I	.984	MG	8.124	AL	.047	BA	.009	B	.022	CR	.014	CU	.021
MN	.068	SR	.037	ZN	.110	SACCH	1.134	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	27.040	HIS	8.742	ISO	21.437	LEU	28.316	LYS	26.247	TOT.S	10.941
TOTPH	33.296	THR	22.224	TRY	5.142	VAL	22.034						

M-44(Mod) Spring Salad, Renal

Portion Weight: 75 Grams

CAL	26.441	PROT	1.481	FAT	.203	S.FAT	.001	M.FAT	.010	P.FAT	.002	CHOL	0.000
CARBO	5.540	SUC	.218	FIBER	.674	VIT-A	160.131	THIA	.024	RIBO	.035	NIAC	.243
B6	.033	B12	0.000	VIT-C	3.280	VIT D	0.000	VIT E	0.000	VIT K	0.000	FOLIC	.018
PANTO	0.000	BIOT	0.000	NA	133.349	K	92.860	FE	1.084	CA	31.185	P	27.928
I	.555	MG	10.564	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.005
MN	.014	SR	0.000	ZN	.286	SACCH	.501	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	83.349	HIS	32.564	ISO	58.869	LEU	93.340	LYS	77.660	TOT.S	21.534
TOTPH	119.127	THR	47.051	TRY	17.859	VAL	68.785						

M-45(Mod) Three Bean Salad, Cal/R Bland

069

Portion Weight: 75 Grams

CAL	25.041	PROT	1.453	FAT	.119	S.FAT	.001	M.FAT	.010	P.FAT	.002	CHOL	0.000
CARBO	5.288	SUC	.218	FIBER	.646	VIT-A	160.131	THIA	.024	RIBO	.035	NIAC	.243
B6	.010	B12	0.000	VIT-C	3.280	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.018
PANTO	0.000	BIOT	0.000	NA	2.309	K	92.860	FE	1.084	CA	31.185	P	27.928
I	.555	MG	8.044	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.005
MN	.014	SR	0.000	ZN	.286	SACCH	.501	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	82.112	HIS	32.022	ISO	57.982	LEU	91.861	LYS	76.580	TOT.S	21.242
TOTPH	117.161	THR	46.317	TRY	17.469	VAL	67.652						

M-45(Mod) Three Bean Salad, Na-Cal/R Bland

Portion Weight: 126 Grams

CAL	67.919	PROT	1.559	FAT	2.938	S.FAT	.702	M.FAT	.598	P.FAT	1.403	CHOL	0.000
CARBO	10.288	SUC	4.279	FIBER	1.059	VIT-A	457.548	THIA	.036	RIBO	.057	NIAC	.350
B6	.000	B12	0.000	VIT-C	7.342	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.029
PANTO	0.000	BIOT	0.000	NA	2.734	K	121.923	FE	1.707	CA	53.311	P	30.165
I	0.000	MG	18.019	AL	.009	BA	.002	B	.001	CR	.003	CU	.008
MN	.027	SR	.001	ZN	.291	SACCH	.012	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	78.326	HIS	28.817	ISO	46.910	LEU	78.408	LYS	60.401	TOT.S	16.932
TOTPH	107.388	THR	39.274	TRY	21.602	VAL	60.334						

M-45(Mod) Two Bean Salad, Renal

Appendix A (Continued)

Portion Weight: 109 Grams

CAL	19.511	PROT	1.032	FAT	.159	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	4.283	SUC	.096	FIBER	.531	VIT-A	616.370	THIA	.058	RIBO	.052	NIAC	.491
B6	.066	B12	0.000	VIT-C	16.529	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.036
PANTO	0.000	BIOT	0.000	NA	5.040	K	178.356	FE	.547	CA	16.440	P	23.104
I	1.362	MG	12.810	AL	.082	BA	.016	B	.037	CR	.025	CU	.053
MN	.130	SR	.034	ZN	.198	SACCH	2.628	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	48.014	HIS	15.403	ISO	32.410	LEU	48.789	LYS	42.302	TOT.S	17.675
TOTPH	51.266	THR	34.794	TRY	9.552	VAL	37.994						

M-46(Mod) Tossed Lettuce, Cucumber and Tomato,
Cal/R and Na-Cal/R Bland

Portion Weight: 50 Grams

CAL	8.495	PROT	.631	FAT	.082	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	1.781	SUC	.085	FIBER	.343	VIT-A	736.090	THIA	.032	RIBO	.044	NIAC	.198
B6	.023	B12	0.000	VIT-C	5.384	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.052
PANTO	0.000	BIOT	0.000	NA	5.011	K	110.047	FE	.541	CA	25.035	P	18.425
I	.398	MG	7.000	AL	.028	BA	.006	B	.023	CR	.008	CU	.016
MN	.064	SR	.022	ZN	.085	SACCH	.595	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	27.834	HIS	10.287	ISO	24.413	LEU	40.756	LYS	24.997	TOT.S	17.715
TOTPH	48.316	THR	25.493	TRY	7.453	VAL	32.394						

M-47(Mod) Tossed Green Salad, Cal/R and Na-Cal/R Bland

Portion Weight: 50 Grams

CAL	8.230	PROT	.617	FAT	.083	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	1.708	SUC	.077	FIBER	.334	VIT-A	782.100	THIA	.030	RIBO	.043	NIAC	.192
B6	.021	B12	0.000	VIT-C	5.490	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.055
PANTO	0.000	BIOT	0.000	NA	4.837	K	109.420	FE	.552	CA	25.780	P	17.425
I	.462	MG	6.714	AL	.022	BA	.004	B	.018	CR	.007	CU	.015
MN	.066	SR	.017	ZN	.071	SACCH	.539	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	27.130	HIS	10.060	ISO	23.868	LEU	39.876	LYS	24.488	TOT.S	17.084
TOTPH	47.092	THR	24.860	TRY	7.388	VAL	31.480						

M-47(Mod) Tossed Green Salad, Renal

Portion Weight: 65 Grams

CAL	23.766	PROT	1.046	FAT	.167	S.FAT	.001	M.FAT	.001	P.FAT	.004	CHOL	0.000
CARBO	5.023	SUC	.134	FIBER	.659	VIT-A	3646.352	THIA	.024	RIBO	.026	NIAC	.292
B6	.032	B12	0.000	VIT-C	3.859	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.010
PANTO	0.000	BIOT	0.000	NA	119.918	K	88.379	FE	.714	CA	19.888	P	20.273
I	.698	MG	12.937	AL	.008	BA	.002	B	.011	CR	.002	CU	.012
MN	.482	SR	.005	ZN	.256	SACCH	.465	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	67.676	HIS	21.795	ISO	45.109	LEU	68.019	LYS	56.591	TOT.S	22.953
TOTPH	79.795	THR	35.066	TRY	11.424	VAL	49.179						

M-49(Mod) Vegetable Salad, Cal/R Bland

Appendix A (Continued)

Portion Weight: 65 Grams

CAL	21.181	PROT	1.026	FAT	.106	S.FAT	.001	M.FAT	.001	P.FAT	.004	CHOL	0.000
CARBO	4.448	SUC	.134	FIBER	.614	VIT-A	3590.852	THIA	.024	RIBO	.026	NIAC	.292
B6	.026	B12	0.000	VIT-C	4.009	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	0.000	BIOT	0.000	NA	16.799	K	88.379	FE	.714	CA	19.888	P	20.273
I	.698	MG	11.287	AL	.008	BA	.002	B	.011	CR	.002	CU	.012
MN	.482	SR	.005	ZN	.247	SACCH	.465	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	67.234	HIS	21.488	ISO	44.722	LEU	67.262	LYS	56.167	TOT.S	22.891
TOTPH	78.595	THR	34.664	TRY	11.112	VAL	48.525						

M-49(Mod) Vegetable Salad, Na-Cal/R Bland

Portion Weight: 90 Grams

CAL	81.809	PROT	1.549	FAT	5.850	S.FAT	1.426	M.FAT	1.198	P.FAT	2.854	CHOL	0.000
CARBO	6.640	SUC	.413	FIBER	.961	VIT-A	3948.902	THIA	.035	RIBO	.041	NIAC	.383
B6	.018	B12	0.000	VIT-C	6.541	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.020
PANTO	0.000	BIOT	0.000	NA	15.326	K	109.407	FE	1.140	CA	32.334	P	30.428
I	.305	MG	17.091	AL	.006	BA	.001	B	.007	CR	.002	CU	.013
MN	.343	SR	.004	ZN	.312	SACCH	.015	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	110.052	HIS	33.622	ISO	67.341	LEU	102.157	LYS	87.163	TOT.S	32.964
TOTPH	118.686	THR	50.806	TRY	17.792	VAL	73.613						

M-49(Mod) Vegetable Salad, Renal

392 Portion Weight: 100 Grams

CAL	36.267	PROT	2.856	FAT	.470	S.FAT	.183	M.FAT	.080	P.FAT	.008	CHOL	1.110
CARBO	5.850	SUC	.168	FIBER	.554	VIT-A	785.210	THIA	.064	RIBO	.083	NIAC	.643
B6	.120	B12	.127	VIT-C	29.175	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.037
PANTO	.093	BIOT	0.000	NA	49.738	K	210.673	FE	.561	CA	35.425	P	44.786
I	2.960	MG	11.506	AL	.082	BA	.016	B	.014	CR	.025	CU	.071
MN	.303	SR	.011	ZN	.327	SACCH	3.748	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	109.386	HIS	68.760	ISO	132.121	LEU	223.597	LYS	193.566	TOT.S	82.015
TOTPH	240.880	THR	111.105	TRY	25.978	VAL	152.998						

M-53(Mod) German Tomato Salad, Cal/R Bland

Portion Weight: 100 Grams

CAL	36.267	PROT	2.856	FAT	.470	S.FAT	.183	M.FAT	.080	P.FAT	.008	CHOL	1.110
CARBO	5.850	SUC	.168	FIBER	.554	VIT-A	785.210	THIA	.064	RIBO	.083	NIAC	.643
B6	.120	B12	.127	VIT-C	29.175	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.037
PANTO	.093	BIOT	0.000	NA	49.738	K	210.673	FE	.561	CA	35.425	P	44.786
I	2.960	MG	11.506	AL	.082	BA	.016	B	.014	CR	.025	CU	.071
MN	.303	SR	.011	ZN	.327	SACCH	3.748	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	109.386	HIS	68.760	ISO	132.121	LEU	223.597	LYS	193.566	TOT.S	82.015
TOTPH	240.880	THR	111.105	TRY	25.978	VAL	152.998						

M-53(Mod) German Style Tomato Salad, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 14 Grams

CAL	10.054	PROT	.146	FAT	.686	S.FAT	.165	M.FAT	.138	P.FAT	.333	CHOL	0.000
CARBO	.966	SUC	.060	FIBER	.072	VIT-A	162.304	THIA	.007	RIBO	.005	NIAC	.096
B6	.011	B12	0.000	VIT-C	2.082	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.003
PANTO	0.000	BIOT	0.000	NA	15.129	K	28.661	FE	.085	CA	13.093	P	2.820
I	.067	MG	.259	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.001
MN	.002	SR	0.000	ZN	.023	SACCH	.484	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	5.023	HIS	1.838	ISO	3.489	LEU	4.967	LYS	5.314	TOT.S	1.576
TOTPH	9.442	THR	3.954	TRY	1.175	VAL	3.444						

M-58(Mod) French Dressing, Cal/R Bland

Portion Weight: 14 Grams

CAL	9.941	PROT	.146	FAT	.686	S.FAT	.165	M.FAT	.138	P.FAT	.333	CHOL	0.000
CARBO	.955	SUC	.060	FIBER	.072	VIT-A	162.304	THIA	.007	RIBO	.005	NIAC	.096
B6	.011	B12	0.000	VIT C	2.082	VIT D	0.000	VIT E	0.000	VIT K	0.000	FOLIC	.003
PANTO	0.000	BIOT	0.000	NA	.778	K	28.661	FE	.085	CA	13.093	P	2.820
I	.067	MG	.259	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.001
MN	.002	SR	0.000	ZN	.023	SACCH	.484	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	5.023	HIS	1.838	ISO	3.489	LEU	4.967	LYS	5.314	TOT.S	1.576
TOTPH	9.442	THR	3.954	TRY	1.175	VAL	3.444						

M-58(Mod) French Dressing, Na-Cal/R Bland

Portion Weight: 22 Grams

CAL	10.953	PROT	.583	FAT	.517	S.FAT	.166	M.FAT	.228	P.FAT	.036	CHOL	22.680
CARBO	.979	SUC	0.000	FIBER	.001	VIT-A	53.100	THIA	.005	RIBO	.013	NIAC	.003
B6	.005	B12	.090	VIT-C	0.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.003
PANTO	0.000	BIOT	0.000	NA	44.951	K	6.613	FE	.106	CA	4.241	P	9.294
I	0.000	MG	.662	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.009	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	0.000	HIS	0.000	ISO	0.000	LEU	0.000	LYS	0.000	TOT.S	0.000
TOTPH	0.000	THR	0.000	TRY	0.000	VAL	0.000						

M-63(Mod) Cooked Salad Dressing, Cal/R Bland

Portion Weight: 22 Grams

CAL	10.953	PROT	.583	FAT	.517	S.FAT	.166	M.FAT	.228	P.FAT	.036	CHOL	22.680
CARBO	.979	SUC	0.000	FIBER	.001	VIT-A	53.100	THIA	.005	RIBO	.013	NIAC	.003
B6	.005	B12	.090	VIT-C	0.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.003
PANTO	0.000	BIOT	0.000	NA	6.193	K	6.609	FE	.105	CA	3.988	P	9.234
I	0.000	MG	.543	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.008	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	0.000	HIS	0.000	ISO	0.000	LEU	0.000	LYS	0.000	TOT.S	0.000
TOTPH	0.000	THR	0.000	TRY	0.000	VAL	0.000						

M-63(Mod) Cooked Salad Dressing, Na-Cal/P Bland

Appendix A (Continued)

Portion Weight: 30 Grams

CAL	17.542	PROT	.185	FAT	.179	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	4.228	SUC	.483	FIBER	.368	VIT-A	29.080	THIA	.017	RIBO	.009	NIAC	.063
B6	.008	B12	0.000	VIT-C	6.997	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.005
PANTO	0.000	BIOT	0.000	NA	.554	K	39.214	FE	.134	CA	7.478	P	3.970
I	0.000	MG	2.916	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.016	SACCH	1.848	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	4.480	HIS	1.053	ISO	2.016	LEU	1.904	LYS	3.696	TOT.S	1.893
TOTPH	26.688	THR	1.053	TRY	.493	VAL	2.688						

M-75(Mod) Cranberry Orange Relish, Cal/R and Na-Cal/R Bland

Portion Weight: 170 Grams

CAL	24.566	PROT	1.273	FAT	.637	S.FAT	.294	M.FAT	.269	P.FAT	.030	CHOL	3.235
CARBO	3.389	SUC	0.000	FIBER	.021	VIT-A	9.087	THIA	.029	RIBO	.025	NIAC	.425
B6	.002	B12	0.000	VIT-C	0.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.000
PANTO	0.000	BIOT	0.000	NA	975.321	K	33.070	FE	.103	CA	20.984	P	23.523
I	0.000	MG	4.410	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	.026	SR	0.000	ZN	.091	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	16.315	HIS	7.896	ISO	16.315	LEU	21.889	LYS	10.799	TOT.S	12.019
TOTPH	24.211	THR	13.993	TRY	3.484	VAL	19.566						

P-1(Mod) Variation 2, Beef and Noodle Soup, Cal/R Bland

Portion Weight: 170 Grams

CAL	24.566	PROT	1.273	FAT	.637	S.FAT	.294	M.FAT	.269	P.FAT	.030	CHOL	3.235
CARBO	3.389	SUC	0.000	FIBER	.021	VIT-A	9.087	THIA	.029	RIBO	.025	NIAC	.425
B6	.002	B12	0.000	VIT-C	0.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.000
PANTO	0.000	BIOT	0.000	NA	8.77	K	33.070	FE	.103	CA	20.984	P	23.523
I	0.000	MG	4.410	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	.026	SR	0.000	ZN	.091	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	16.315	HIS	7.896	ISO	16.315	LEU	21.889	LYS	10.799	TOT.S	12.019
TOTPH	24.211	THR	13.993	TRY	3.484	VAL	19.566						

P-1(Mod) Variation 2, Beef and Noodle Soup, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 170 Grams

CAL	26.083	PROT	1.308	FAT	.920	S.FAT	.237
CARBO	3.043	SUC	0.000	FIBER	.021	VIT-A	34.660
B6	.002	B12	0.000	VIT-C	.063	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	1059.543	K	21.421
I	0.000	MG	4.676	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	.067	SACCH	0.000
SE	0.000	ARG	16.114	HIS	7.799	ISO	16.114
TOTPH	23.912	THR	13.820	TRY	3.441	VAL	19.325

P-2(Mod) Variation 1, Chicken Noodle Soup, Cal/R Bland

M.FAT	.362	P.FAT	.264	CHOL	3.373
THIA	.030	RIBO	.035	NIAC	.308
VIT-E	0.000	VIT-K	0.000	FOLIC	.000
FE	.140	CA	11.529	P	14.586
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	21.619	LYS	10.666	TOT.S	11.870

Portion Weight: 170 Grams

CAL	26.083	PROT	1.308	FAT	.920	S.FAT	.237
CARBO	3.043	SUC	0.000	FIBER	.021	VIT-A	34.660
B6	.002	B12	0.000	VIT-C	.063	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	0.57	K	25.213
I	0.000	MG	4.676	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	.095	SACCH	0.000
SE	0.000	ARG	16.114	HIS	7.799	ISO	16.114
TOTPH	23.912	THR	13.820	TRY	3.441	VAL	19.325

P-2(Mod) Variation 1, Chicken Noodle Soup, Na-Cal/R Bland

M.FAT	.362	P.FAT	.264	CHOL	3.373
THIA	.030	RIBO	.035	NIAC	.308
VIT-E	0.000	VIT-K	0.000	FOLIC	.000
FE	.161	CA	28.212	P	14.681
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	21.619	LYS	10.666	TOT.S	11.870

395

Portion Weight: 170 Grams

CAL	21.372	PROT	1.235	FAT	.533	S.FAT	.253
CARBO	3.098	SUC	0.000	FIBER	.167	VIT-A	2.850
B6	0.000	B12	0.000	VIT-C	1.830	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	977.021	K	58.851
I	.012	MG	5.793	AL	0.000	BA	0.000
MN	.027	SR	0.000	ZN	.193	SACCH	0.000
SE	0.000	ARG	39.266	HIS	3.133	ISO	4.504
TOTPH	18.605	THR	4.798	TRY	4.504	VAL	6.756

P-4(Mod) Onion Soup, Cal/R Bland

M.FAT	.212	P.FAT	.021	CHOL	.570
THIA	.012	RIBO	.022	NIAC	.307
VIT-E	0.000	VIT-K	0.000	FOLIC	.003
FE	.127	CA	26.312	P	26.336
B	0.000	CR	0.000	CU	.001
RET	0.000	F	0.000	MO	0.000
LEU	8.078	LYS	13.905	TOT.S	5.386

Portion Weight: 170 Grams

CAL	31.575	PROT	1.510	FAT	.026	S.FAT	0.000
CARBO	4.127	SUC	0.000	FIBER	.158	VIT-A	0.000
B6	0.000	B12	0.000	VIT-C	1.830	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	12.467	K	389.679
I	.012	MG	2.886	AL	0.000	BA	0.000
MN	.001	SR	0.000	ZN	.193	SACCH	0.000
SE	0.000	ARG	39.266	HIS	3.133	ISO	4.504
TOTPH	18.605	THR	4.798	TRY	4.504	VAL	6.756

P-4(Mod) Onion Soup, Na-Cal/ R Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.008	RIBO	.008	NIAC	.052
VIT-E	0.000	VIT-K	0.000	FOLIC	.003
FE	.127	CA	22.892	P	8.096
B	0.000	CR	0.000	CU	.001
RET	0.000	F	0.000	MO	0.000
LEU	8.078	LYS	13.905	TOT.S	5.386

Appendix A (Continued)

Portion Weight: 170 Grams

CAL	40.185	PROT	2.067	FAT	.598	S.FAT	.158	M.FAT	.140	P.FAT	.018	CHOL	.350
CARBO	7.485	SUC	.340	FIBER	.709	VIT-A	1078.296	THIA	.068	RIBO	.053	NIAC	1.047
B6	.096	B12	0.000	VIT-C	21.528	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.035
PANTO	0.000	BIOT	0.000	NA	762.436	K	327.699	FE	.775	CA	146.125	P	42.199
I	0.000	MG	7.800	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.001
MN	.016	SR	0.000	ZN	.304	SACCH	3.402	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	64.639	HIS	21.190	ISO	41.334	LEU	60.901	LYS	59.708	TOT.S	20.020
TOTPH	68.819	THR	45.392	TRY	14.563	VAL	42.603						

P-5(Mod) Tomato Bouillon, Cal/R Bland

Portion Weight: 170 Grams

CAL	45.316	PROT	2.236	FAT	.287	S.FAT	.003	M.FAT	.010	P.FAT	.005	CHOL	0.000
CARBO	8.004	SUC	.340	FIBER	.703	VIT-A	1076.546	THIA	.066	RIBO	.045	NIAC	.891
B6	.096	B12	0.000	VIT-C	21.528	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.035
PANTO	0.000	BIOT	0.000	NA	26.148	K	530.839	FE	.775	CA	144.025	P	30.999
I	0.000	MG	6.015	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.001
MN	0.000	SR	0.000	ZN	.304	SACCH	3.402	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	64.639	HIS	21.190	ISO	41.334	LEU	60.901	LYS	59.708	TOT.S	20.020
TOTPH	68.819	THR	45.392	TRY	14.563	VAL	42.603						

P-5(Mod) Tomato Bouillon, Na -Cal/R Bland

Portion Weight: 170 Grams

CAL	38.850	PROT	1.517	FAT	.443	S.FAT	.124	M.FAT	.104	P.FAT	.010	CHOL	.280
CARBO	7.721	SUC	.238	FIBER	.538	VIT-A	777.431	THIA	.051	RIBO	.041	NIAC	.763
B6	.068	B12	0.000	VIT-C	21.377	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.025
PANTO	0.000	BIOT	0.000	NA	590.704	K	229.706	FE	.553	CA	103.943	P	30.395
I	0.000	MG	5.112	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	.013	SR	0.000	ZN	.205	SACCH	2.391	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	37.758	HIS	14.475	ISO	29.285	LEU	41.222	LYS	41.287	TOT.S	14.199
TOTPH	49.296	THR	32.534	TRY	9.362	VAL	28.678						

P-6(Mod) Tomato Soup, Cal/R Bland

Portion Weight: 170 Grams

CAL	43.068	PROT	1.652	FAT	.194	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	8.147	SUC	.238	FIBER	.534	VIT-A	776.031	THIA	.049	RIBO	.034	NIAC	.638
B6	.068	B12	0.000	VIT-C	21.377	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.025
PANTO	0.000	BIOT	0.000	NA	16.050	K	392.217	FE	.553	CA	102.263	P	21.435
I	0.000	MG	3.684	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.205	SACCH	2.391	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	37.758	HIS	14.475	ISO	29.285	LEU	41.222	LYS	41.287	TOT.S	14.199
TOTPH	49.296	THR	32.534	TRY	9.362	VAL	28.678						

P-6(Mod) Tomato Soup, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 170 Grams

CAL	25.421	PROT	1.400	FAT	.270	S.FAT	.056	M.FAT	.047	P.FAT	.004	CHOL	.112
CARBO	4.960	SUC	.274	FIBER	.642	VIT-A	2411.100	THIA	.043	RIBO	.043	NIAC	.496
B6	.032	B12	0.000	VIT-C	18.349	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.018
PANTO	0.000	BIOT	0.000	NA	542.4	K	186.209	FE	.652	CA	23.287	P	27.236
I	.525	MG	11.166	AL	.007	BA	.004	B	.012	CR	.002	CU	.004
MN	.024	SR	.014	ZN	.209	SACCH	1.064	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	43.870	HIS	12.068	ISO	25.956	LEU	37.295	LYS	34.918	TOT.S	19.307
TOTPH	44.363	THR	26.170	TRY	7.950	VAL	28.340						

P-7(Mod) Vegetable Soup, Cal/R Bland

Portion Weight: 170 Grams

CAL	25.194	PROT	1.400	FAT	.270	S.FAT	.056	M.FAT	.047	P.FAT	.004	CHOL	.112
CARBO	4.938	SUC	.274	FIBER	.642	VIT-A	2411.100	THIA	.043	RIBO	.043	NIAC	.496
B6	.031	B12	0.000	VIT-C	18.349	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.018
PANTO	0.000	BIOT	0.000	NA	21.7	K	186.209	FE	.652	CA	45.987	P	27.236
I	.525	MG	11.166	AL	.007	BA	.004	B	.012	CR	.002	CU	.004
MN	.024	SR	.014	ZN	.209	SACCH	1.064	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	43.870	HIS	12.068	ISO	25.956	LEU	37.295	LYS	34.918	TOT.S	19.307
TOTPH	44.363	THR	26.170	TRY	7.950	VAL	28.340						

P-7(Mod) Vegetable Soup, Na-Cal/R Bland

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Portion Weight: 170 Grams

CAL	24.471	PROT	1.644	FAT	1.337	S.FAT	.361	M.FAT	.533	P.FAT	.291	CHOL	23.421
CARBO	1.458	SUC	0.000	FIBER	.102	VIT-A	365.600	THIA	.015	RIBO	.045	NIAC	.186
B6	.005	B12	.090	VIT-C	3.684	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.009
PANTO	0.000	BIOT	0.000	NA	1072.452	K	43.611	FE	.339	CA	33.750	P	21.551
I	0.000	MG	3.687	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.034	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	14.577	HIS	1.163	ISO	1.672	LEU	2.999	LYS	5.162	TOT.S	1.999
TOTPH	6.907	THR	1.781	TRY	1.672	VAL	2.508						

P-9(Mod) Egg Drop Soup, Cal/R Bland

Portion Weight: 170 Grams

CAL	24.471	PROT	1.644	FAT	1.337	S.FAT	.361	M.FAT	.533	P.FAT	.291	CHOL	23.421
CARBO	1.458	SUC	0.000	FIBER	.102	VIT-A	365.600	THIA	.015	RIBO	.045	NIAC	.186
B6	.005	B12	.090	VIT-C	3.684	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.009
PANTO	0.000	BIOT	0.000	NA	13.57	K	43.611	FE	.339	CA	33.750	P	21.551
I	0.000	MG	3.687	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.034	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	14.577	HIS	1.163	ISO	1.672	LEU	2.999	LYS	5.162	TOT.S	1.999
TOTPH	6.907	THR	1.781	TRY	1.672	VAL	2.508						

P-9(Mod) Egg Drop Soup, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 170 Grams

CAL	39.260	PROT	1.760	FAT	.296	S.FAT	.037
CARBO	8.194	SUC	.426	FIBER	.694	VIT-A	618.467
B6	.064	B12	0.000	VIT-C	22.597	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	745.118	K	216.706
I	.743	MG	5.430	AL	0.000	BA	0.000
MN	.030	SR	0.000	ZN	.140	SACCH	1.902
SE	0.000	ARG	65.078	HIS	19.802	ISO	43.476
TOTPH	86.672	THR	44.172	TRY	13.399	VAL	50.364

P-10(Mod) Chicken Gumbo Soup, Cal/P Bland

M.FAT	.055	P.FAT	.051	CHOL	.364
THIA	.080	RIBO	.087	NIAC	.787
VIT-E	0.000	VIT-K	0.000	FOLIC	.024
FE	.630	CA	38.464	P	33.778
B	0.000	CR	0.000	CU	.006
RET	0.000	F	0.000	MO	0.000
LEU	62.907	LYS	54.216	TOT.S	24.553

Portion Weight: 170 Grams

CAL	39.260	PROT	1.760	FAT	.296	S.FAT	.037
CARBO	8.194	SUC	.426	FIBER	.694	VIT-A	618.467
B6	.064	B12	0.000	VIT-C	22.597	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	10.8	K	216.706
I	.743	MG	5.430	AL	0.000	BA	0.000
MN	.030	SR	0.000	ZN	.140	SACCH	1.902
SE	0.000	ARG	65.078	HIS	19.802	ISO	43.476
TOTPH	86.672	THR	44.172	TRY	13.399	VAL	50.364

P-10(Mod) Chicken Gumbo Soup, Na-Cal/R Bland

M.FAT	.055	P.FAT	.051	CHOL	.364
THIA	.080	RIBO	.087	NIAC	.787
VIT-E	0.000	VIT-K	0.000	FOLIC	.024
FE	.630	CA	38.464	P	33.778
B	0.000	CR	0.000	CU	.006
RET	0.000	F	0.000	MO	0.000
LEU	62.907	LYS	54.216	TOT.S	24.553

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Portion Weight: 170 Grams

CAL	99.724	PROT	12.917	FAT	2.575	S.FAT	.524
CARBO	6.086	SUC	.204	FIBER	.718	VIT-A	2110.056
B6	.129	B12	.206	VIT-C	24.650	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	627.704	K	410.647
I	0.000	MG	21.353	AL	0.000	BA	0.000
MN	.013	SR	0.000	ZN	9.936	SACCH	2.040
SE	0.000	ARG	792.929	HIS	348.943	ISO	564.459
TOTPH	1074.954	THR	621.291	TRY	137.500	VAL	626.731

P-12(Mod) Manhattan Fish Chowder, Cal/R Bland

M.FAT	.109	P.FAT	.409	CHOL	32.437
THIA	.087	RIBO	.093	NIAC	1.976
VIT-E	0.000	VIT-K	0.000	FOLIC	.030
FE	1.063	CA	109.213	P	142.680
B	0.000	CR	0.000	CU	.000
RET	0.000	F	0.000	MO	0.000
LEU	1012.941	LYS	1179.666	TOT.S	533.634

Portion Weight: 170 Grams

CAL	104.636	PROT	13.076	FAT	2.329	S.FAT	.400
CARBO	6.654	SUC	.204	FIBER	.725	VIT-A	2108.656
B6	.129	B12	.206	VIT-C	24.790	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	69.473	K	576.309
I	0.000	MG	20.145	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	9.955	SACCH	2.040
SE	0.000	ARG	796.009	HIS	349.189	ISO	564.813
TOTPH	1076.413	THR	621.668	TRY	137.854	VAL	627.261

P-12(Mod) Manhattan Fish Chowder, Na-Cal/R Bland

M.FAT	.005	P.FAT	.399	CHOL	32.157
THIA	.086	RIBO	.087	NIAC	1.855
VIT-E	0.000	VIT-K	0.000	FOLIC	.030
FE	1.076	CA	112.193	P	134.324
B	0.000	CR	0.000	CU	.000
RET	0.000	F	0.000	MO	0.000
LEU	1013.575	LYS	1180.756	TOT.S	534.057

Appendix A (Continued)

Portion Weight: 170 Grams

CAL	112.575	PROT	10.095	FAT	1.204	S.FAT	.200	M.FAT	.000	P.FAT	.199	CHOL	18.062
CARBO	15.130	SUC	0.000	FIBER	.366	VIT-A	303.984	THIA	.095	RIBO	.210	NIAC	1.280
B6	.073	B12	.397	VIT-C	9.282	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.022
PANTO	0.000	BIOT	0.000	NA	311.916	K	403.206	FE	.915	CA	152.561	P	173.364
I	0.000	MG	31.372	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	5.107	SACCH	4.784	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	437.747	HIS	180.407	ISO	305.027	LEU	528.942	LYS	619.396	TOT.S	278.653
TOTPH	571.083	THR	328.423	TRY	75.116	VAL	345.340						

P-13(mod) New England Fish Chowder, Cal/P Bland

Portion Weight: 170 Grams

CAL	112.575	PROT	10.095	FAT	1.204	S.FAT	.200	M.FAT	.000	P.FAT	.199	CHOL	18.062
CARBO	15.130	SUC	0.000	FIBER	.366	VIT-A	303.984	THIA	.095	RIBO	.210	NIAC	1.280
B6	.073	B12	.397	VIT-C	9.282	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.022
PANTO	0.000	BIOT	0.000	NA	79.367	K	403.182	FE	.914	CA	151.043	P	173.004
I	0.000	MG	30.658	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	5.104	SACCH	4.784	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	437.747	HIS	180.407	ISO	305.027	LEU	528.942	LYS	619.396	TOT.S	278.653
TOTPH	571.083	THR	328.423	TRY	75.116	VAL	345.340						

P-13(mod) New England Fish Chowder, Na-Cal/R Bland

369
Portion Weight: 80 Grams

CAL	36.181	PROT	.862	FAT	.067	S.FAT	.002	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	8.685	SUC	0.000	FIBER	.460	VIT-A	11.616	THIA	.009	RIBO	.024	NIAC	.093
B6	.028	B12	0.000	VIT-C	2.808	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.027
PANTO	0.000	BIOT	0.000	NA	217.746	K	154.967	FE	.543	CA	12.884	P	15.586
I	0.000	MG	8.698	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	2.171	SACCH	.101	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	10.070	HIS	7.711	ISO	18.235	LEU	19.414	LYS	30.482	TOT.S	17.055
TOTPH	43.965	THR	12.066	TRY	4.899	VAL	17.418						

Q-8(mod) Harvard Beets, Cal/R Bland

Portion Weight: 80 Grams

CAL	35.826	PROT	.806	FAT	.067	S.FAT	.002	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	8.522	SUC	0.000	FIBER	.460	VIT-A	11.616	THIA	.009	RIBO	.024	NIAC	.093
B6	.028	B12	0.000	VIT-C	2.808	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.027
PANTO	0.000	BIOT	0.000	NA	55.607	K	144.194	FE	.714	CA	9.482	P	17.854
I	0.000	MG	13.234	AL	.057	BA	.147	B	.079	CR	.017	CU	.113
MN	.046	SR	.079	ZN	.901	SACCH	.101	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	9.063	HIS	6.940	ISO	16.411	LEU	17.473	LYS	27.434	TOT.S	15.350
TOTPH	39.946	THR	10.859	TRY	4.409	VAL	15.676						

Q-8(mod) Harvard Beets, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 65 Grams

CAL	26.432	PROT	.701	FAT	.069	S.FAT	.003	M.FAT	.001	P.FAT	0.000	CHOL	0.000
CARBO	6.413	SUC	0.000	FIBER	.473	VIT-A	11.772	THIA	.007	RIBO	.020	NIAC	.074
B6	.028	B12	0.000	VIT-C	2.228	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.019
PANTO	0.000	BIOT	0.000	NA	170.826	K	122.454	FE	.487	CA	12.626	P	12.637
I	0.000	MG	8.732	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	1.764	SACCH	.112	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	10.070	HIS	7.711	ISO	18.235	LEU	19.414	LYS	30.482	TOT.S	17.055
TOTPH	43.965	THR	12.066	TRY	4.899	VAL	17.418						

Q-9(Mod) Hot Spiced Beets, Cal/R Bland

Portion Weight: 65 Grams

CAL	26.276	PROT	.645	FAT	.069	S.FAT	.003	M.FAT	.001	P.FAT	0.000	CHOL	0.000
CARBO	6.309	SUC	0.000	FIBER	.473	VIT-A	11.772	THIA	.007	RIBO	.020	NIAC	.074
B6	.028	B12	0.000	VIT-C	2.228	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.019
PANTO	0.000	BIOT	0.000	NA	46.497	K	111.681	FE	.657	CA	9.224	P	14.905
I	0.000	MG	13.268	AL	.057	BA	.147	B	.079	CR	.017	CU	.113
MN	.046	SR	.079	ZN	.494	SACCH	.112	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	9.063	HIS	6.940	ISO	16.411	LEU	17.473	LYS	27.434	TOT.S	15.350
TOTPH	39.946	THR	10.859	TRY	4.409	VAL	15.676						

Q-9(Mod) Hot Spiced Beets, Na-Cal/R Bland

Portion Weight: 160 Grams

CAL	76.309	PROT	1.627	FAT	.172	S.FAT	.003	M.FAT	.001	P.FAT	0.000	CHOL	0.000
CARBO	18.264	SUC	2.786	FIBER	1.299	VIT-A	32.421	THIA	.018	RIBO	.053	NIAC	.184
B6	.080	B12	0.000	VIT-C	5.538	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.047
PANTO	0.000	BIOT	0.000	NA	121.041	K	276.540	FE	1.721	CA	23.275	P	38.834
I	0.000	MG	37.022	AL	.166	BA	.417	B	.225	CR	.050	CU	.321
MN	.132	SR	.225	ZN	.946	SACCH	.016	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	25.574	HIS	19.584	ISO	46.310	LEU	49.306	LYS	77.414	TOT.S	43.315
TOTPH	102.067	THR	30.643	TRY	12.442	VAL	44.237						

Q-9(Mod) Hot Spiced Beets, Renal

Appendix A (Continued)

Portion Weight: 60 Grams

CAL	51.503	PROT	1.980	FAT	.340	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	12.167	SUC	0.000	FIBER	.465	VIT-A	336.970	THIA	.061	RIBO	.045	NIAC	.959
B6	0.000	B12	0.000	VIT-C	14.373	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.023
PANTO	0.000	BIOT	0.000	NA	119.080	K	137.556	FE	.605	CA	5.188	P	47.541
I	0.000	MG	10.773	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.331	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	75.196	HIS	38.521	ISO	86.485	LEU	236.300	LYS	58.301	TOT.S	59.808
TOTPH	202.206	THR	75.415	TRY	12.618	VAL	94.953						

Q-27(Mod) Mexican Corn, Cal/R Bland

Portion Weight: 60 Grams

CAL	50.342	PROT	1.941	FAT	.319	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	11.917	SUC	0.000	FIBER	.439	VIT-A	238.070	THIA	.060	RIBO	.043	NIAC	.942
B6	0.000	B12	0.000	VIT-C	10.288	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.023
PANTO	0.000	BIOT	0.000	NA	1.731	K	127.869	FE	.540	CA	4.128	P	46.630
I	0.000	MG	10.416	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.329	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	75.196	HIS	38.521	ISO	86.485	LEU	236.300	LYS	58.301	TOT.S	59.808
TOTPH	202.206	THR	75.415	TRY	12.618	VAL	94.953						

Q-27(Mod) Mexican Corn, Na-Cal/R Bland

TOT

Portion Weight: 80 Grams

CAL	30.007	PROT	1.430	FAT	.111	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	6.827	SUC	.068	FIBER	.661	VIT-A	435.345	THIA	.080	RIBO	.089	NIAC	.653
B6	.020	B12	0.000	VIT-C	10.450	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.014
PANTO	0.000	BIOT	0.000	NA	70.281	K	145.135	FE	.460	CA	50.873	P	28.960
I	0.000	MG	2.389	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.128	SACCH	.681	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	81.320	HIS	21.730	ISO	47.791	LEU	70.138	LYS	60.026	TOT.S	27.611
TOTPH	100.815	THR	46.796	TRY	14.856	VAL	60.660						

Q-31(Mod) Okra and Tomato Gumbo, Cal/R Bland

Portion Weight: 80 Grams

CAL	29.780	PROT	1.430	FAT	.111	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	6.804	SUC	.068	FIBER	.661	VIT-A	435.345	THIA	.080	RIBO	.089	NIAC	.653
B6	.020	B12	0.000	VIT-C	10.450	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.014
PANTO	0.000	BIOT	0.000	NA	2.694	K	145.131	FE	.460	CA	50.620	P	28.900
I	0.000	MG	2.270	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.127	SACCH	.681	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	81.320	HIS	21.730	ISO	47.791	LEU	70.138	LYS	60.026	TOT.S	27.611
TOTPH	100.815	THR	46.796	TRY	14.856	VAL	60.660						

Q-31(Mod) Okra and Tomato Gumbo, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 100 Grams

CAL	32.328	PROT	1.295	FAT	.187	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	7.027	SUC	.204	FIBER	.579	VIT-A	612.000	THIA	.049	RIBO	.036	NIAC	.578
B6	.058	B12	0.000	VIT-C	15.130	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.026
PANTO	0.000	BIOT	0.000	NA	91.970	K	203.660	FE	.544	CA	84.320	P	27.710
I	0.000	MG	5.628	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.411	SACCH	2.040	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	98.333	HIS	16.494	ISO	28.810	LEU	43.901	LYS	56.097	TOT.S	18.822
TOTPH	66.368	THR	32.118	TRY	14.884	VAL	32.444						

Q-34(Mod) Baked Onions with Tomatoes, Cal/R Bland

Portion Weight: 100 Grams

CAL	31.648	PROT	1.295	FAT	.187	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	6.959	SUC	.204	FIBER	.579	VIT-A	612.000	THIA	.049	RIBO	.036	NIAC	.578
B6	.058	B12	0.000	VIT-C	15.130	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.026
PANTO	0.000	BIOT	0.000	NA	5.610	K	203.660	FE	.544	CA	84.320	P	27.710
I	0.000	MG	5.628	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.411	SACCH	2.040	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	98.333	HIS	16.494	ISO	28.810	LEU	43.901	LYS	56.097	TOT.S	18.822
TOTPH	66.368	THR	32.118	TRY	14.884	VAL	32.444						

Q-34(Mod) Baked Onions with Tomatoes, Na-Cal/R Bland

204

Portion Weight: 120 Grams

CAL	32.552	PROT	1.339	FAT	.184	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	7.149	SUC	.179	FIBER	.772	VIT-A	506.580	THIA	.051	RIBO	.043	NIAC	.533
B6	.049	B12	0.000	VIT-C	26.198	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.024
PANTO	0.000	BIOT	0.000	NA	192.496	K	210.578	FE	.658	CA	20.267	P	28.708
I	.866	MG	16.423	AL	.014	BA	.003	B	.020	CR	.004	CU	.020
MN	.902	SR	.010	ZN	.490	SACCH	1.405	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	99.727	HIS	16.630	ISO	32.603	LEU	48.800	LYS	55.806	TOT.S	23.058
TOTPH	77.630	THR	34.918	TRY	15.610	VAL	36.217						

Q-34(Mod) Variation 1, Spanish Onions, Cal/R Bland

Portion Weight: 120 Grams

CAL	37.214	PROT	1.518	FAT	.184	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	8.359	SUC	1.658	FIBER	.771	VIT-A	505.260	THIA	.053	RIBO	.050	NIAC	.532
B6	.152	B12	0.000	VIT-C	32.127	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.030
PANTO	0.000	BIOT	0.000	NA	20.646	K	243.194	FE	.736	CA	21.023	P	32.909
I	4.697	MG	13.135	AL	.014	BA	.003	B	.020	CR	.004	CU	.052
MN	1.020	SR	.010	ZN	.326	SACCH	4.156	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	119.879	HIS	18.491	ISO	35.858	LEU	53.839	LYS	63.875	TOT.S	26.522
TOTPH	89.500	THR	38.420	TRY	18.049	VAL	40.321						

Q-34(Mod) Variation 1, Spanish Onions, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 113 Grams

CAL	65.535	PROT	5.057	FAT	.295	S.FAT	0.000
CARBO	11.247	SUC	0.000	FIBER	1.860	VIT-A	544.200
B6	.014	B12	0.000	VIT-C	12.245	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	426.417	K	144.702
I	0.000	MG	97.238	AL	.091	BA	.005
MN	.007	SR	.015	ZN	.843	SACCH	0.000
SE	0.000	ARG	436.559	HIS	132.356	ISO	270.181
TOTPH	436.896	THR	190.098	TRY	52.988	VAL	270.218

Q-41(Mod) Peas with Mushrooms, Cal/P Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.249	RIBO	.138	NIAC	1.996
VIT-E	0.000	VIT-K	0.000	FOLIC	.077
FE	2.246	CA	20.880	P	93.149
B	.002	CR	.007	CU	.059
RET	0.000	F	0.000	MO	0.000
LEU	398.510	LYS	358.294	TOT.S	119.736

Portion Weight: 113 Grams

CAL	82.046	PROT	5.280	FAT	.431	S.FAT	0.000
CARBO	14.891	SUC	0.000	FIBER	1.995	VIT-A	625.830
B6	.074	B12	0.000	VIT-C	10.194	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	6.789	K	202.332
I	0.000	MG	15.636	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	.793	SACCH	.023
SE	0.000	ARG	424.149	HIS	127.316	ISO	258.863
TOTPH	419.367	THR	184.472	TRY	51.832	VAL	258.642

Q-41(Mod) Peas with Mushrooms, Na-Cal/P Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.127	RIBO	.167	NIAC	1.901
VIT-E	0.000	VIT-K	0.000	FOLIC	.036
FE	2.198	CA	27.198	P	105.996
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	382.585	LYS	346.369	TOT.S	114.719

103

Portion Weight: 113 Grams

CAL	68.713	PROT	4.830	FAT	.318	S.FAT	0.000
CARBO	12.314	SUC	0.000	FIBER	1.950	VIT-A	2927.700
B6	0.000	B12	0.000	VIT-C	13.153	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	432.433	K	172.850
I	0.000	MG	21.193	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	.886	SACCH	0.000
SE	0.000	ARG	415.602	HIS	129.370	ISO	268.365
TOTPH	430.169	THR	185.656	TRY	50.482	VAL	268.551

Q-41(Mod) Variation 1, Peas with Carrots, Cal/P Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.256	RIBO	.093	NIAC	1.655
VIT-E	0.000	VIT-K	0.000	FOLIC	.082
FE	1.860	CA	25.420	P	85.204
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	393.719	LYS	347.797	TOT.S	122.224

Portion Weight: 113 Grams

CAL	80.401	PROT	4.725	FAT	.408	S.FAT	0.000
CARBO	15.070	SUC	0.000	FIBER	2.041	VIT-A	3009.330
B6	.045	B12	0.000	VIT-C	9.808	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	10.569	K	148.890
I	0.000	MG	17.238	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	.836	SACCH	0.000
SE	0.000	ARG	391.571	HIS	121.926	ISO	253.040
TOTPH	405.484	THR	175.164	TRY	47.608	VAL	253.314

Q-41(Mod) Variation 1, Peas with Carrots, Na-Cal/P Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.105	RIBO	.071	NIAC	.958
VIT-E	0.000	VIT-K	0.000	FOLIC	.032
FE	2.014	CA	32.263	P	81.681
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	371.211	LYS	327.858	TOT.S	115.432

Appendix A (Continued)

Portion Weight: 113 Grams

CAL	64.854	PROT	4.807	FAT	.295	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	11.406	SUC	0.000	FIBER	1.860	VIT-A	603.220	THIA	.249	RIBO	.088	NIAC	1.610
B6	0.000	B12	0.000	VIT-C	13.153	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.078
PANTO	0.000	BIOT	0.000	NA	396.470	K	176.704	FE	1.769	CA	24.650	P	83.086
I	0.000	MG	21.045	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.830	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	415.806	HIS	129.290	ISO	267.609	LEU	394.987	LYS	343.330	TOT.S	119.467
TOTPH	430.046	THR	184.556	TRY	51.201	VAL	267.756						

Q-41(Mod) Variation 2, Peas with Celery, Cal/R Bland

Portion Weight: 113 Grams

CAL	79.138	PROT	4.867	FAT	.386	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	14.646	SUC	0.000	FIBER	1.950	VIT-A	684.850	THIA	.110	RIBO	.071	NIAC	1.031
B6	.045	B12	0.000	VIT-C	10.988	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.033
PANTO	0.000	BIOT	0.000	NA	23.408	K	164.077	FE	2.077	CA	32.989	P	85.302
I	0.000	MG	17.238	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.808	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	391.774	HIS	121.846	ISO	252.284	LEU	372.479	LYS	323.390	TOT.S	112.676
TOTPH	405.361	THR	174.064	TRY	48.328	VAL	252.518						

Q-41(Mod) Variation 2, Peas with Celery, Na-Cal/R Bland

Portion Weight: 113 Grams

CAL	68.259	PROT	4.898	FAT	.295	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	12.178	SUC	0.000	FIBER	1.860	VIT-A	553.280	THIA	.252	RIBO	.088	NIAC	1.587
B6	0.000	B12	0.000	VIT-C	13.380	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.079
PANTO	0.000	BIOT	0.000	NA	436.220	K	147.427	FE	1.814	CA	23.440	P	84.765
I	0.000	MG	19.180	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.954	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	443.496	HIS	129.349	ISO	264.529	LEU	389.829	LYS	351.349	TOT.S	120.252
TOTPH	436.205	THR	182.638	TRY	52.857	VAL	265.054						

Q-41(Mod) Variation 3, Peas with Onions, Cal/R Bland

Portion Weight: 113 Grams

CAL	79.947	PROT	4.793	FAT	.386	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	14.934	SUC	0.000	FIBER	1.950	VIT-A	634.910	THIA	.100	RIBO	.066	NIAC	.890
B6	.045	B12	0.000	VIT-C	10.035	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.030
PANTO	0.000	BIOT	0.000	NA	4.667	K	123.466	FE	1.969	CA	30.220	P	81.227
I	0.000	MG	15.195	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.905	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	419.464	HIS	121.904	ISO	249.204	LEU	367.321	LYS	331.410	TOT.S	113.460
TOTPH	411.521	THR	172.146	TRY	49.984	VAL	249.816						

Q-41(Mod) Variation 3, Peas with Onions, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 100 Grams

CAL	93.000	PROT	2.600	FAT	.100	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	21.100	SUC	0.000	FIBER	.600	VIT-A	0.000	THIA	.098	RIBO	.043	NIAC	1.740
B6	0.000	B12	0.000	VIT-C	19.800	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.013
PANTO	0.000	BIOT	0.000	NA	4.000	K	503.000	FE	.700	CA	9.000	P	65.000
I	0.000	MG	34.000	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.320	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	128.128	HIS	37.440	ISO	113.984	LEU	129.376	LYS	138.528	TOT.S	57.408
TOTPH	161.408	THR	102.336	TRY	27.872	VAL	138.944						

Q-44(Mod) Baked Potato, Cal/R and Na-Cal/R Bland

Portion Weight: 100 Grams

CAL	65.000	PROT	1.900	FAT	.100	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	14.500	SUC	0.000	FIBER	.500	VIT-A	0.000	THIA	.090	RIBO	.030	NIAC	1.200
B6	0.000	B12	0.000	VIT-C	16.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.008
PANTO	0.000	BIOT	0.000	NA	234.548	K	285.024	FE	.501	CA	7.518	P	42.360
I	0.000	MG	19.714	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.303	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	93.632	HIS	27.360	ISO	83.296	LEU	94.544	LYS	101.232	TOT.S	41.952
TOTPH	117.952	THR	74.784	TRY	20.368	VAL	101.536						

Q-48(Mod) Mashed Potatoes, Cal/R Bland

504 Portion Weight: 100 Grams

CAL	65.000	PROT	1.900	FAT	.100	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	14.500	SUC	0.000	FIBER	.500	VIT-A	0.000	THIA	.090	RIBO	.030	NIAC	1.200
B6	0.000	B12	0.000	VIT-C	16.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.008
PANTO	0.000	BIOT	0.000	NA	2.000	K	285.000	FE	.500	CA	6.000	P	42.000
I	0.000	MG	19.000	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.300	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	93.632	HIS	27.360	ISO	83.296	LEU	94.544	LYS	101.232	TOT.S	41.952
TOTPH	117.952	THR	74.784	TRY	20.368	VAL	101.536						

Q-48(Mod) Mashed Potatoes, Na-Cal/R Bland

Portion Weight: 75 Grams

CAL	86.312	PROT	1.364	FAT	4.687	S.FAT	2.539	M.FAT	1.524	P.FAT	.139	CHOL	14.250
CARBO	10.173	SUC	0.000	FIBER	.350	VIT-A	188.499	THIA	.063	RIBO	.021	NIAC	.840
B6	.000	B12	0.000	VIT-C	11.200	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.006
PANTO	0.000	BIOT	0.000	NA	1.970	K	200.811	FE	.350	CA	5.340	P	30.312
I	0.000	MG	13.414	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.210	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	65.542	HIS	19.152	ISO	58.307	LEU	66.181	LYS	70.862	TOT.S	29.366
TOTPH	82.566	THR	52.349	TRY	14.258	VAL	71.075						

Q-48(Mod) Mashed Potatoes, Renal

Appendix A (Continued)

Portion Weight: 100 Grams

CAL	71.328	PROT	2.146	FAT	.125	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	15.996	SUC	.080	FIBER	.566	VIT-A	95.076	THIA	.104	RIBO	.039	NIAC	1.400
B6	.022	B12	0.000	VIT-C	19.448	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	.025	BIOT	0.000	NA	279.638	K	350.490	FE	.656	CA	9.581	P	48.493
I	0.000	MG	23.403	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.034
MN	0.000	SR	0.000	ZN	.357	SACCH	.798	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	95.598	HIS	27.935	ISO	85.045	LEU	96.529	LYS	103.358	TOT.S	42.833
TOTPH	120.429	THR	76.354	TRY	20.796	VAL	103.668						

Q-50(Mod) Oven-Glo Potatoes, Cal/R Bland

Portion Weight: 100 Grams

CAL	71.328	PROT	2.146	FAT	.125	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	15.996	SUC	.080	FIBER	.566	VIT-A	95.076	THIA	.104	RIBO	.039	NIAC	1.400
B6	.022	B12	0.000	VIT-C	19.448	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	.025	BIOT	0.000	NA	3.770	K	350.466	FE	.655	CA	8.063	P	48.133
I	0.000	MG	22.689	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.034
MN	0.000	SR	0.000	ZN	.354	SACCH	.798	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	95.598	HIS	27.935	ISO	85.045	LEU	96.529	LYS	103.358	TOT.S	42.833
TOTPH	120.429	THR	76.354	TRY	20.796	VAL	103.668						

Q-50(Mod) Oven-Glo Potatoes, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 85 Grams

CAL	29.785	PROT	.766	FAT	.085	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	6.978	SUC	0.000	FIBER	.936	VIT-A	468.050	THIA	.051	RIBO	.051	NIAC	.681
B6	0.000	B12	0.000	VIT-C	22.126	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.018
PANTO	0.000	BIOT	0.000	NA	468.500	K	142.165	FE	.257	CA	53.245	P	27.101
I	0.000	MG	10.789	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.006	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	0.000	HIS	0.000	ISO	0.000	LEU	0.000	LYS	0.000	TOT.S	0.000
TOTPH	0.000	THR	0.000	TRY	0.000	VAL	0.000						

Q-58(Mod) Mashed Rutabaga, Cal/R Bland

Portion Weight: 85 Grams

CAL	29.785	PROT	.766	FAT	.085	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	6.978	SUC	0.000	FIBER	.936	VIT-A	468.050	THIA	.051	RIBO	.051	NIAC	.681
B6	0.000	B12	0.000	VIT-C	22.126	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.018
PANTO	0.000	BIOT	0.000	NA	3.404	K	142.117	FE	.255	CA	50.209	P	26.381
I	0.000	MG	9.361	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	0.000	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	0.000	HIS	0.000	ISO	0.000	LEU	0.000	LYS	0.000	TOT.S	0.000
TOTPH	0.000	THR	0.000	TRY	0.000	VAL	0.000						

Q-58(Mod) Mashed Rutabaga, Na-Cal/R Bland

407

Portion Weight: 99 Grams

CAL	131.457	PROT	.851	FAT	11.587	S.FAT	6.326	M.FAT	3.796	P.FAT	.345	CHOL	35.500
CARBO	7.035	SUC	0.000	FIBER	.936	VIT-A	937.644	THIA	.051	RIBO	.051	NIAC	.681
B6	.000	B12	0.000	VIT-C	22.126	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.018
PANTO	0.000	BIOT	0.000	NA	4.824	K	145.383	FE	.255	CA	53.049	P	28.653
I	0.000	MG	9.645	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	0.000	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	0.000	HIS	0.000	ISO	0.000	LEU	0.000	LYS	0.000	TOT.S	0.000
TOTPH	0.000	THR	0.000	TRY	0.000	VAL	0.000						

Q-58(Mod) Diced Rutabaga, Renal

Appendix A (Continued)

Portion Weight: 120 Grams

CAL	60.000	PROT	2.160	FAT	.480	S.FAT	0.000
CARBO	14.040	SUC	0.000	FIBER	2.160	VIT-A	5760.000
B6	0.000	B12	0.000	VIT-C	12.000	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	1.200	K	325.200
I	0.000	MG	22.800	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	.720	SACCH	0.000
SE	0.000	ARG	0.000	HIS	0.000	ISO	0.000
TOTPH	0.000	THR	0.000	TRY	0.000	VAL	0.000

Q-61(Mod) Baked Hubbard Squash, Cal/P and Na-Cal/R Bland

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.060	RIBO	.156	NIAC	.840
VIT-E	0.000	VIT-K	0.000	FOLIC	.031
FE	.960	CA	28.800	P	46.800
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	0.000	LYS	0.000	TOT.S	0.000

Portion Weight: 100 Grams

CAL	21.947	PROT	1.200	FAT	.175	S.FAT	.000
CARBO	4.713	SUC	.246	FIBER	.691	VIT-A	701.260
B6	.054	B12	0.000	VIT-C	19.895	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	180.331	K	217.255
I	.296	MG	12.384	AL	0.000	BA	0.000
MN	.013	SR	0.000	ZN	.288	SACCH	1.573
SE	0.000	ARG	49.235	HIS	17.498	ISO	35.964
TOTPH	29.052	THR	32.585	TRY	10.855	VAL	38.677

Q-62(Mod) Creole Summer Squash, Cal/R Bland

M.FAT	.001	P.FAT	0.000	CHOL	0.000
THIA	.061	RIBO	.073	NIAC	.892
VIT-E	0.000	VIT-K	0.000	FOLIC	.033
FE	.589	CA	68.916	P	28.766
B	0.000	CR	0.000	CU	.003
RET	0.000	F	0.000	MO	0.000
LEU	50.500	LYS	46.972	TOT.S	8.363

Portion Weight: 100 Grams

CAL	21.493	PROT	1.200	FAT	.175	S.FAT	.000
CARBO	4.667	SUC	.246	FIBER	.691	VIT-A	701.260
B6	.054	B12	0.000	VIT-C	19.895	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	6.851	K	217.481
I	.296	MG	12.027	AL	0.000	BA	0.000
MN	.013	SR	0.000	ZN	.288	SACCH	1.573
SE	0.000	ARG	49.235	HIS	17.498	ISO	35.964
TOTPH	29.052	THR	32.585	TRY	10.855	VAL	38.677

Q-62(Mod) Creole Summer Squash, Na-Cal/R Bland

M.FAT	.001	P.FAT	0.000	CHOL	0.000
THIA	.061	RIBO	.073	NIAC	.892
VIT-E	0.000	VIT-K	0.000	FOLIC	.033
FE	.590	CA	69.204	P	28.592
B	0.000	CR	0.000	CU	.003
RET	0.000	F	0.000	MO	0.000
LEU	50.500	LYS	46.972	TOT.S	8.363

Portion Weight: 60 Grams (without peeling)

CAL	84.600	PROT	1.260	FAT	.300	S.FAT	0.000
CARBO	19.500	SUC	4.320	FIBER	.540	VIT-A	4860.000
B6	0.000	B12	0.000	VIT-C	13.200	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	7.200	K	180.000
I	0.000	MG	20.400	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	.420	SACCH	8.700
SE	0.000	ARG	65.722	HIS	24.998	ISO	60.682
TOTPH	126.806	THR	59.270	TRY	21.974	VAL	94.349

Q-66(Mod) Baked Sweet Potato, Cal/R, Na-Cal/P Bland and Renal

M.FAT	0.000	P.FAT	0.000	CHOL	0.000
THIA	.054	RIBO	.042	NIAC	.420
VIT-E	0.000	VIT-K	0.000	FOLIC	.024
FE	.540	CA	24.000	P	34.800
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	72.173	LYS	59.472	TOT.S	43.546

Appendix A (Continued)

Portion Weight: 60 Grams

CAL	105.446	PROT	1.570	FAT	.373	S.FAT	.000
CARBO	24.325	SUC	5.463	FIBER	.681	VIT-A	5976.016
B6	.001	BI2	0.000	VIT-C	17.575	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	8.888	K	227.056
I	0.000	MG	25.372	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	.516	SACCH	10.866
SE	0.000	ARG	81.982	HIS	31.001	ISO	75.102
TOTPH	156.889	THR	73.099	TRY	27.130	VAL	116.644

Q-69(Mod) Mashed Sweet Potatoes, Cal/R and Na-Cal/R Bland

M.FAT	.001	P.FAT	0.000	CHOL	0.000
THIA	.069	RIBO	.052	NIAC	.527
VIT-E	0.000	VIT-K	0.000	FOLIC	.030
FE	.689	CA	30.497	P	43.259
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	89.185	LYS	74.086	TOT.S	54.018

Portion Weight: 70 Grams

CAL	205.746	PROT	1.635	FAT	11.872	S.FAT	6.326
CARBO	24.057	SUC	5.306	FIBER	.678	VIT-A	6439.450
B6	.000	BI2	0.000	VIT-C	16.231	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	10.280	K	224.666
I	0.000	MG	25.376	AL	0.000	BA	0.000
MN	0.000	SR	0.000	ZN	.516	SACCH	10.698
SE	0.000	ARG	80.728	HIS	30.706	ISO	74.537
TOTPH	155.761	THR	72.804	TRY	26.992	VAL	115.892

Q-69(Mod) Mashed Sweet Potatoes, Renal

M.FAT	3.797	P.FAT	.345	CHOL	35.500
THIA	.066	RIBO	.052	NIAC	.517
VIT-E	0.000	VIT-K	0.000	FOLIC	.030
FE	.686	CA	33.057	P	45.055
B	0.000	CR	0.000	CU	0.000
RET	0.000	F	0.000	MO	0.000
LEU	88.652	LYS	73.051	TOT.S	53.489

604

Portion Weight: 100 Grams

CAL	22.060	PROT	1.006	FAT	.187	S.FAT	.000
CARBO	5.028	SUC	.490	FIBER	.662	VIT-A	586.719
B6	.100	BI2	0.000	VIT-C	22.114	VIT-D	0.000
PANTO	.209	BIOT	0.000	NA	150.220	K	299.578
I	.569	MG	12.214	AL	0.000	BA	0.000
MN	.020	SR	0.000	ZN	.183	SACCH	3.138
SE	0.000	ARG	40.661	HIS	14.399	ISO	28.569
TOTPH	48.145	THR	31.697	TRY	9.554	VAL	28.495

Q-73(Mod) Stewed Tomatoes, Cal/R Bland

M.FAT	.001	P.FAT	0.000	CHOL	0.000
THIA	.052	RIBO	.035	NIAC	.682
VIT-E	0.000	VIT-K	0.000	FOLIC	.030
FE	.535	CA	29.891	P	23.297
B	0.000	CR	0.000	CU	.129
RET	0.000	F	0.000	MO	0.000
LEU	40.851	LYS	41.166	TOT.S	13.857

Portion Weight: 100 Grams

CAL	22.967	PROT	1.124	FAT	.205	S.FAT	.000
CARBO	4.910	SUC	.490	FIBER	.516	VIT-A	850.656
B6	.100	BI2	0.000	VIT-C	21.116	VIT-D	0.000
PANTO	0.000	BIOT	0.000	NA	10.542	K	234.274
I	.569	MG	2.237	AL	0.000	BA	0.000
MN	.020	SR	0.000	ZN	.165	SACCH	3.138
SE	0.000	ARG	44.095	HIS	16.173	ISO	32.003
TOTPH	53.201	THR	35.603	TRY	10.572	VAL	31.777

Q-73(Mod) Stewed Tomatoes, Na-Cal/R Bland

M.FAT	.001	P.FAT	0.000	CHOL	0.000
THIA	.052	RIBO	.035	NIAC	.691
VIT-E	0.000	VIT-K	0.000	FOLIC	.030
FE	.553	CA	34.426	P	22.390
B	0.000	CR	0.000	CU	.005
RET	0.000	F	0.000	MO	0.000
LEU	45.662	LYS	46.071	TOT.S	15.253

Appendix A (Continued)

Portion Weight: 100 Grams

Q-77(Mod) Parsley Potatoes, Cal/R Bland

CAL	74.018	PROT	2.180	FAT	.118	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	16.503	SUC	0.000	FIBER	.577	VIT-A	59.500	THIA	.103	RIBO	.036	NIAC	1.369
B6	.001	B12	0.000	VIT-C	19.348	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.010
PANTO	0.000	BIOT	0.000	NA	118.857	K	328.291	FE	.611	CA	8.984	P	48.249
I	0.000	MG	22.190	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.342	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	106.179	HIS	31.026	ISO	94.458	LEU	107.213	LYS	114.797	TOT.S	47.574
TOTPH	133.758	THR	84.805	TRY	23.097	VAL	115.142						

Portion Weight: 100 Grams

Q-77(Mod) Parsley Potatoes, Na-Cal/R Bland

CAL	74.018	PROT	2.180	FAT	.118	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	16.503	SUC	0.000	FIBER	.578	VIT-A	59.500	THIA	.103	RIBO	.036	NIAC	1.369
B6	.001	B12	0.000	VIT-C	19.348	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.010
PANTO	0.000	BIOT	0.000	NA	2.583	K	328.279	FE	.610	CA	8.225	P	48.069
I	0.000	MG	21.833	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.340	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	106.179	HIS	31.026	ISO	94.458	LEU	107.213	LYS	114.797	TOT.S	47.574
TOTPH	133.758	THR	84.805	TRY	23.097	VAL	115.142						

Portion Weight: 50 Grams

Q-77(Mod) Parsley Buttered Potatoes, Renal

CAL	74.270	PROT	1.028	FAT	4.672	S.FAT	2.539	M.FAT	1.524	P.FAT	.139	CHOL	14.250
CARBO	7.477	SUC	0.000	FIBER	.266	VIT-A	247.999	THIA	.047	RIBO	.017	NIAC	.620
B6	.001	B12	0.000	VIT-C	9.364	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.005
PANTO	0.000	BIOT	0.000	NA	1.905	K	151.750	FE	.298	CA	5.621	P	22.773
I	0.000	MG	10.091	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.153	SACCH	0.000	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	47.752	HIS	13.954	ISO	42.481	LEU	48.217	LYS	51.628	TOT.S	21.396
TOTPH	60.156	THR	38.140	TRY	10.388	VAL	51.783						

Appendix A (Continued)

Portion Weight: 140 Grams

CAL	167.256	PROT	9.018	FAT	4.910	S.FAT	2.661	M.FAT	1.576	P.FAT	.146	CHOL	14.966
CARBO	22.333	SUC	.102	FIBER	.626	VIT-A	208.358	THIA	.108	RIBO	.148	NIAC	1.794
B6	.031	B12	.286	VIT-C	20.166	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.019
PANTO	.049	BIOT	0.000	NA	196.144	K	540.318	FE	.897	CA	130.852	P	164.636
I	.259	MG	41.781	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.002
MN	.007	SR	0.000	ZN	.859	SACCH	.806	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	263.116	HIS	131.579	ISO	279.909	LEU	420.115	LYS	368.166	TOT.S	166.783
TOTPH	466.103	THR	227.811	TRY	60.145	VAL	314.255						

Q-78(Mod) Double Baked Potato, Cal/R Bland

Portion Weight: 140 Grams

CAL	167.277	PROT	9.019	FAT	4.911	S.FAT	2.661	M.FAT	1.576	P.FAT	.147	CHOL	14.966
CARBO	22.337	SUC	.102	FIBER	.627	VIT-A	212.600	THIA	.108	RIBO	.148	NIAC	1.795
B6	.031	B12	.286	VIT-C	20.171	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.019
PANTO	.049	BIOT	0.000	NA	22.20	K	540.364	FE	.898	CA	130.345	P	164.658
I	.259	MG	41.794	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.002
MN	.007	SR	0.000	ZN	.858	SACCH	.806	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	263.116	HIS	131.579	ISO	279.909	LEU	420.115	LYS	368.166	TOT.S	166.783
TOTPH	466.103	THR	227.811	TRY	60.145	VAL	314.255						

Q-78(Mod) Double Baked Potato, Na-Cal/R Bland

144

Portion Weight: 100 Grams

CAL	25.257	PROT	1.292	FAT	.197	S.FAT	.002	M.FAT	.000	P.FAT	.001	CHOL	0.000
CARBO	5.428	SUC	.354	FIBER	.735	VIT-A	530.191	THIA	.057	RIBO	.059	NIAC	.785
B6	.109	B12	0.000	VIT-C	24.209	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.032
PANTO	0.000	BIOT	0.000	NA	294.127	K	234.914	FE	.701	CA	64.661	P	27.965
I	.585	MG	9.847	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.018
MN	.026	SR	0.000	ZN	.205	SACCH	1.767	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	39.801	HIS	14.241	ISO	33.859	LEU	43.735	LYS	36.201	TOT.S	15.039
TOTPH	59.428	THR	31.036	TRY	9.115	VAL	35.632						

Q-81(Mod) Ratatouille, Cal/R Bland

Portion Weight: 100 Grams

CAL	24.803	PROT	1.292	FAT	.197	S.FAT	.002	M.FAT	.000	P.FAT	.001	CHOL	0.000
CARBO	5.382	SUC	.354	FIBER	.735	VIT-A	530.191	THIA	.057	RIBO	.059	NIAC	.785
B6	.109	B12	0.000	VIT-C	24.209	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.032
PANTO	0.000	BIOT	0.000	NA	3.921	K	234.890	FE	.701	CA	63.143	P	27.605
I	.585	MG	9.133	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.018
MN	.026	SR	0.000	ZN	.202	SACCH	1.767	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	39.801	HIS	14.241	ISO	33.859	LEU	43.735	LYS	36.201	TOT.S	15.039
TOTPH	59.428	THR	31.036	TRY	9.115	VAL	35.632						

Q-81(Mod) Ratatouille, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 90 Grams

CAL	30.872	PROT	1.022	FAT	.173	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	6.831	SUC	.170	FIBER	.605	VIT-A	606.370	THIA	.045	RIBO	.035	NIAC	.536
B6	.048	B12	0.000	VIT-C	25.780	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.021
PANTO	0.000	BIOT	0.000	NA	315.675	K	187.439	FE	.500	CA	72.750	P	21.114
I	0.000	MG	6.156	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.213	SACCH	1.710	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	45.207	HIS	13.001	ISO	27.247	LEU	37.772	LYS	39.687	TOT.S	15.576
TOTPH	53.263	THR	29.971	TRY	9.431	VAL	26.846						

0-5(Mod) Creole Sauce, Cal/R Bland

Portion Weight: 90 Grams

CAL	30.305	PROT	1.022	FAT	.173	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	6.775	SUC	.170	FIBER	.605	VIT-A	606.370	THIA	.045	RIBO	.035	NIAC	.536
B6	.048	B12	0.000	VIT-C	25.780	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.021
PANTO	0.000	BIOT	0.000	NA	11.118	K	187.415	FE	.500	CA	71.232	P	20.754
I	0.000	MG	5.442	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.210	SACCH	1.710	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	45.207	HIS	13.001	ISO	27.247	LEU	37.772	LYS	39.687	TOT.S	15.576
TOTPH	53.263	THR	29.971	TRY	9.431	VAL	26.846						

0-5(Mod) Creole Sauce, Na-Cal/R Bland

Portion Weight: 90 Grams

CAL	18.173	PROT	.634	FAT	.275	S.FAT	.128	M.FAT	.105	P.FAT	.012	CHOL	.280
CARBO	3.258	SUC	.003	FIBER	.038	VIT-A	6.720	THIA	.013	RIBO	.013	NIAC	.212
B6	.001	B12	0.000	VIT-C	0.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.000
PANTO	0.000	BIOT	0.000	NA	479.129	K	17.967	FE	.248	CA	12.574	P	11.394
I	0.000	MG	2.212	AL	.003	BA	.001	B	.001	CR	.001	CU	.002
MN	.019	SR	.000	ZN	.043	SACCH	.030	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	6.376	HIS	2.873	ISO	6.602	LEU	11.063	LYS	3.276	TOT.S	4.763
TOTPH	12.802	THR	4.133	TRY	1.764	VAL	6.199						

0-16(Mod) Brown Gravy, Cal/R Bland

Portion Weight: 90 Grams

CAL	18.173	PROT	.634	FAT	.275	S.FAT	.128	M.FAT	.105	P.FAT	.012	CHOL	.280
CARBO	3.258	SUC	.003	FIBER	.038	VIT-A	6.720	THIA	.013	RIBO	.013	NIAC	.212
B6	.001	B12	0.000	VIT-C	0.000	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.000
PANTO	0.000	BIOT	0.000	NA	479.129	K	17.967	FE	.248	CA	12.574	P	11.394
I	0.000	MG	2.212	AL	.003	BA	.001	B	.001	CR	.001	CU	.002
MN	.019	SR	.000	ZN	.043	SACCH	.030	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	6.376	HIS	2.873	ISO	6.602	LEU	11.063	LYS	3.276	TOT.S	4.763
TOTPH	12.802	THR	4.133	TRY	1.764	VAL	6.199						

0-16(Mod) Brown Gravy, Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 85 Grams

CAL	34.120	PROT	.466	FAT	.190	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	9.822	SUC	.496	FIBER	.468	VIT-A	178.800	THIA	.042	RIBO	.022	NIAC	.262
B6	.023	B12	0.000	VIT-C	16.700	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	0.000	BIOT	0.000	NA	1.920	K	102.440	FE	.362	CA	18.240	P	10.200
I	0.000	MG	.6.147	AL	.010	BA	.009	B	.030	CR	.003	CU	.031
MN	.005	SR	.005	ZN	.091	SACCH	1.328	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	19.803	HIS	6.756	ISO	11.117	LEU	13.686	LYS	19.894	TOT.S	12.780
TOTPH	22.872	THR	9.018	TRY	2.846	VAL	17.149						

J-6(Mod) Fruit Cup, Cal/R and Na-Cal/R Bland

Portion Weight: 64 Grams

CAL	37.680	PROT	.556	FAT	.204	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	10.748	SUC	2.632	FIBER	.380	VIT-A	110.000	THIA	.037	RIBO	.028	NIAC	.284
B6	.127	B12	0.000	VIT-C	17.240	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.012
PANTO	0.000	BIOT	0.000	NA	1.256	K	154.000	FE	.249	CA	15.720	P	10.080
I	0.000	MG	10.798	AL	.012	BA	.002	B	.018	CR	.004	CU	.035
MN	.066	SR	.006	ZN	.713	SACCH	3.344	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	37.321	HIS	24.335	ISO	16.260	LEU	21.487	LYS	26.436	TOT.S	20.130
TOTPH	33.468	THR	14.085	TRY	5.253	VAL	21.824						

J-6(Mod) Variation 1, Fruit Cup, Cal/R and Na-Cal/R Bland

Portion Weight: 87 Grams

CAL	40.280	PROT	.738	FAT	.190	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	11.254	SUC	2.256	FIBER	.540	VIT-A	1088.800	THIA	.061	RIBO	.027	NIAC	.510
B6	.046	B12	0.000	VIT-C	17.900	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.023
PANTO	0.000	BIOT	0.000	NA	5.760	K	216.600	FE	.358	CA	20.720	P	13.400
I	0.000	MG	8.067	AL	.030	BA	.013	B	.126	CR	.009	CU	.046
MN	.009	SR	.025	ZN	.099	SACCH	2.248	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	43.918	HIS	11.262	ISO	21.152	LEU	27.254	LYS	27.882	TOT.S	17.388
TOTPH	43.352	THR	9.581	TRY	5.303	VAL	28.208						

J-6(Mod) Variation 2, Fruit Cup, Cal/R and Na-Cal/R Bland

Portion Weight: 95 Grams

CAL	36.060	PROT	.718	FAT	.318	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	9.816	SUC	.391	FIBER	.806	VIT-A	192.000	THIA	.049	RIBO	.049	NIAC	.512
B6	.041	B12	0.000	VIT-C	43.040	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.016
PANTO	0.000	BIOT	0.000	NA	1.620	K	150.280	FE	.732	CA	25.980	P	16.860
I	0.000	MG	9.117	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.084
MN	.635	SR	0.000	ZN	.113	SACCH	1.978	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	32.381	HIS	11.923	ISO	16.109	LEU	26.656	LYS	29.846	TOT.S	14.730
TOTPH	39.293	THR	16.656	TRY	5.948	VAL	23.622						

J-6(Mod) Variation 3, Fruit Cup, Cal/R and Na-Cal/R Bland

Appendix A (Continued)

Portion Weight: 90 Grams

CAL	69.875	PROT	.287	FAT	.233	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CERBO	17.960	SUC	8.460	FIBER	.578	VIT-A	94.600	THIA	.039	RIBO	.023	NIAC	.285
B6	.037	B12	0.000	VIT-C	4.348	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.004
PANTO	.044	BIOT	0.000	NA	3.150	K	98.975	FE	.300	CA	7.725	P	8.275
I	.665	MG	8.030	AL	.024	BA	.006	B	.074	CR	.107	CU	.069
MN	.361	SR	.052	ZN	.083	SACCH	2.075	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	3.606	HIS	3.126	ISO	4.460	LEU	7.892	LYS	7.218	TOT.S	5.901
TOTPH	8.932	THR	5.766	TRY	1.237	VAL	7.906						

J-6(Mod) Fruit Cup, Renal

Portion Weight: 60 Grams

CAL	36.990	PROT	.461	FAT	.095	S.FAT	0.000	M.FAT	0.000	P.FAT	0.000	CHOL	0.000
CARBO	10.015	SUC	.023	FIBER	.332	VIT-A	300.810	THIA	.015	RIBO	.035	NIAC	.302
B6	.043	B12	0.000	VIT-C	4.884	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.001
PANTO	.069	BIOT	0.000	NA	3.473	K	122.787	FE	.418	CA	17.384	P	12.741
I	0.000	MG	6.750	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	.066
MN	.031	SR	0.000	ZN	.090	SACCH	.160	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	0.000	HIS	0.000	ISO	0.000	LEU	0.000	LYS	0.000	TOT.S	0.000
TOTPH	0.000	THR	0.000	TRY	0.000	VAL	0.000						

J-9(Mod) Stewed Prunes, Cal/R and Na-Cal/R Bland

Portion Weight: 200 Grams

CAL	163.086	PROT	14.299	FAT	5.418	S.FAT	1.671	M.FAT	2.297	P.FAT	.363	CHOL	233.964
CARBO	13.620	SUC	0.000	FIBER	.001	VIT-A	542.768	THIA	.130	RIBO	.556	NIAC	.238
B6	.139	B12	1.657	VIT-C	1.638	VIT-D	0.000	VIT-E	0.000	VIT-K	0.000	FOLIC	.067
PANTO	0.000	BIOT	0.000	NA	186.169	K	470.300	FE	1.204	CA	345.202	P	330.954
I	0.000	MG	38.505	AL	0.000	BA	0.000	B	0.000	CR	0.000	CU	0.000
MN	0.000	SR	0.000	ZN	.025	SACCH	13.133	RET	0.000	F	0.000	MO	0.000
SE	0.000	ARG	0.000	HIS	0.000	ISO	0.000	LEU	0.000	LYS	0.000	TOT.S	0.000
TOTPH	37.760	THR	0.000	TRY	0.000	VAL	0.000						

J-14(Mod) Baked Custard, Cal/R and Na-Cal/R Bland

Appendix B

Nutrient Analysis of Selected Recipes

Proximates and Minerals

	Calories	Protein g	Fat g	CHO g	Ca mg	Phosphorus mg	Iron mg	Sodium mg	Potassium mg	Magnesium mg
L-13 (Mod) Pepper Steak, Na-Cal/R Bland Portion: 130 Grams	136	20.37	3.68	4.71	13.4	157	2.3	42	386	25.7
L-24 (Mod) Stuffed Cabbage Rolls Na-Cal/R Bland Portion: 198 Grams	235	19.48	14.08	7.78	74.3	180	4.0	97	590	32.3
L-53 (Mod) Beef Stroganoff Na-Cal/R Bland Portion: 165 Grams	202	28.30	7.01	4.80	40.4	223	2.6	78	469	29.2
L-84 (Mod) Baked Stuffed Pork Chops Ground Meat Bland Portion: 156 Grams	265	21.12	13.56	13.16	41.2	170	1.9	704	239	23.4
L-84 (Mod) Baked Stuffed Pork Chops Thinned Strained Portion: 241 Grams	181	12.65	10.00	9.21	84.4	157	0.5	513	349	31.8
L-87 (Mod) Pork Mexicana Ground Meat Bland Portion: 227 Grams	308	26.31	17.91	9.87	32.5	238	1.69	938	722	49.7
L-87 (Mod) Pork Mexicana Thinned Strained Portion: 227 Grams	309	11.49	25.67	7.95	96.9	148	0.68	790	225	22.0

Appendix B (continued)

Nutrient Analysis of Selected Recipes

Proximates and Minerals

	Calories	Protein g	Fat g	CHO g	Ca mg	Phosphorus mg	Iron mg	Sodium mg	Potassium mg	Magnesium mg
L-99 (Mod) Pork Adobo Ground Meat Bland Portion: 170 Grams	301	25.62	20.16	2.69	14.1	182	1.2	680	372	27.4
L-99 (Mod) Pork Adobo Thinned Strained Portion: 240 Grams	298	17.40	20.98	9.60	67.0	197	1.4	950	377	33.6
L-132 (Mod) Tuna Salad Cal/R Bland Portion: 135 Grams	130	21.72	3.05	1.63	46.6	193	0.8	642	235	39.4
L-132 (Mod) Tuna Salad Na-Cal/R Bland Portion: 135 Grams	134	23.64	2.79	2.19	51.2	223	1.9	100	340	29.7
L-136 (Mod) Creole Shrimp Cal/R Bland Portion: 180 Grams	92	15.25	0.58	5.99	162.5	234	1.1	661	353	46.1
L-148 (Mod) Chicken Cacciatore Na-Cal/R Bland Portion 150 Grams	172	27.36	5.58	1.65	37.8	186	1.2	51	272	27.2
L-157 (Mod) Pineapple Chicken Cal/R Bland and Na-Cal/R Bland Portion: 150 Grams	168	21.96	9.01	5.84	34.4	195	0.9	69	291	30.5

Appendix B (continued)

Nutrient Analysis of Selected Recipes

Proximates and Minerals

	Calories	Protein g	Fat g	CHO g	Ca mg	Phosphorus mg	Iron mg	Sodium mg	Potassium mg	Magnesium mg
L-157 (Mod) Pineapple Chicken Ground Meat Bland Portion: 170 Grams	298	24.09	17.37	10.18	33.7	184	1.4	427	309	31.1
L-157 (Mod) Pineapple Chicken (Turkey) Thinned Strained Portion: 255 Grams	196	20.27	6.53	14.51	25.5	186	1.8	418	363	32.9
M-40 (Mod) Potato Salad Na-Cal/R Bland Portion: 126 Grams	78	2.38	0.49	16.68	27.1	53	0.5	28	388	20.8
L-117 M-58 (Mod) French Dressing Cal/R Bland Portion: 14 Grams	9	0.10	0.86	0.54	3.2	2	tr	17	15	1.2
M-58 (Mod) French Dressing Na-Cal/R Bland Portion: 14 Grams	10	0.11	0.85	0.56	4.7	2	tr	2	14	1.4
M-68 (Mod) Cooked Salad Dressing Cal/R Bland Portion: 22 Grams	11	0.64	0.47	1.38	5.8	12	0.1	89	9	1.8
M-75 (Mod) Cranberry-Orange Relish Cal/R Bland and Na-Cal/R Bland Portion: 30 Grams	5	0.45	0.02	0.95	5.6	1	tr	4	19	1.3

Appendix B (continued)

Nutrient Analysis of Selected Recipes

Proximates and Minerals

	Calories	Protein g	Fat g	CHO g	Ca mg	Phosphorus mg	Iron mg	Sodium mg	Potassium mg	Magnesium mg
Q-62 (Mod) Creole Summer Squash Na-Cal/R Bland Portion: 100 Grams	21	0.99	0.08	4.86	36.6	32	0.4	7	233	11.7
Q-81 (Mod) Ratatouille Na-Cal/R Bland Portion: 100 Grams	26	1.09	0.11	6.14	32.6	25	0.4	15	235	14.1

Ingredients In Federal Supply Catalog

National Stock
Number

Utilized in Modified Recipes

Description

8905

FSC Class 8905
Fish, Meat, Poultry and Shellfish

01 056 9123

BEEF, RIBEYE, ROLL, frozen, U.S. Choice Grade, 8 to 10 lb, USDA IMPS, Item No. 112, wt range C

01 034 7548

BEEF RIBEYE ROLL STEAK, frozen, portion-cut, 7 oz ea, U.S. Choice Grade, USDA IMPS, Item No. 1112, wt range A, B, and/or C

00 410 4671

BEEF, ROUND, RUMP AND SHANK OFF, frozen, bone-in, U.S. Choice Grade, 40 to 64 lb, USDA IMPS, Item No. 164, yield grade 3 or better

00 133 5888

BEEF, ROUND, RUMP AND SHANK OFF, BONELESS, frozen, U.S. Choice Grade, 35 to 57 lb, USDA IMPS, Item No. 165, yield grade 3 or better

01 086 0394

BEEF, STEAK, frozen, sandwich, wafer thin slices of lean beef, oblong shape, 2 oz portions, 48 portions per intermediate box, 6 boxes per shipping container, w/demonstrated commercial market acceptability (ADCoP)

01 034 7547

BEEF, STRIP LOIN STEAK, boneless, special, frozen, portion-cut, 7 oz ea, U.S. Choice Grade, USDA IMPS, Item No. 1180B, wt range A, B, and/or C

00 582 1323

BEEF, TENDERLOIN (FULL), frozen, graded or ungraded, 4 lb min wt, USDA IMPS, Item No. 189

01 034 7549

BEEF, TOP SIRLOIN STEAK, butt, semi-center cut, frozen, portion-cut, 7 oz ea, U.S. Choice Grade, USDA IMPS, Item No. 1184A, wt range A, B, and/or C

00 177 5017

BEEF FOR STEWING, frozen, diced, uncooked, U.S. Good Grade or higher, USDA IMPS, Item No. 135 A

00 133 5889

BEEF FOR SWISSING, BRAISING STEAK, frozen portion-cut, not mechanically tenderized, 6 oz ea, U.S. Choice Grade, USDA IMPS, Item No. 1102

00 127 8229

BEEF LIVER, frozen USDA IMPS, Item No. 701, selection 1, wt range 1 and/or 2

00 655 8410

BEEF LIVER, SLICED, portion-cut, frozen, skinned, 4 slices per lb, approx 5/16 in. thk, four 10 lb intermediate boxes per shipping container, USDA IMPS, Item No. 703, selection 1, wt range 2

00 285 2075

GROUND BEEF, frozen, bulk, approx 7 lb per pg, 8 pgs per shipping container, Fed PP-B-2120, type I

Appendix C (continued)

01 065 9955	FISH, SALMON, CANNED, pink, w/skin and bones, 15- $\frac{1}{2}$ oz can, Fed PP-S-31, style 1, form a, species (d)
00 543 7941	FISH, SALMON, CANNED, Red or Sockeye, Silver or Coho, w/skin and bones, 15- $\frac{1}{2}$ oz can, Fed PP-S-31, style 1, form a, species (b) or (c)
00 935 3161	FISH, TUNA, CANNED, light meat, solid pack, packed in water, 4 lb can, Fed PP-T-771, type I or II, form a, packing media (c), color (2)
00 267 0040	FISH, TUNA, CANNED, white or light meat, solid pack or chunks, packed in water, 6.5 oz (chunks) or 7.0 oz (solid pack), 307 by 112 or 113 size can, Fed PP-T-771, type I or II, form a or b, packing media (c), color (1) or (2)
00 641 8941	FISH, TUNA, CANNED, white or light meat, solid pack or chunks, packed in water, 12.5 oz (chunks) or 13.0 oz (solid pack), 401 by 206 size can, Fed PP-T-771, type I or II, form a or b, packing media (c), color (1) or (2)
01 085 9653	FISH, CATFISH, WHOLE, DRESSED, frozen, headless, w/o fins, skin-on, US grade A
01 086 0393	FISH, TROUT, WHOLE, DRESSED, Rainbow, frozen, skin-on, US grade A
01 125 2288	FISH, CATFISH FILLETS, frozen, 5 to 12 oz ea, US grade A
00 127 8472	FISH, COD FILLETS, frozen, skinless, 3 to 24 oz ea, US grade A, Fed PP-F-00381 (Army - GL), type II, form III (1) (b)
00 164 0490	FISH, FLOUNDER FILLETS, frozen, skinless, 2 oz ea min wt, US grade A, Fed PP-F-00381 (Army-GL), type II, form III (1) (b)
00 127 8474	FISH, HADDOCK FILLETS, frozen, skin-on or skinless, 3 to 24 oz ea, US grade A, Fed PP-F-00381 (Army-GL), type II, form III (1) (a) or (b)
00 164 0485	FISH, PERCH FILLETS, Ocean Perch or Pacific Ocean Perch, frozen, skin-on or skinless, 1 oz ea min wt, US grade A, Fed PP-F-00381 (Army-GL), type II, form III (1) (a) or (b)
01 062 9763	FISH, POLLOCK FILLETS, frozen, skin-on or skinless, 3 to 24 oz ea, UA grade A, Fed PP-F-00381 (Army-GL), type II, form III (1) (a) or (b)
00 127 9305	FISH, ROCKFISH FILLETS, frozen, skinless, 3 to 24 oz ea, US grade A, Fed PP-F-00381 (Army-GL), type II, form III (1) (b)
01 099 2263	FISH, TROUT FILLETS, Rainbow, skin-on, individually quick frozen or frozen solid pack, 4 oz ea, US grade A

Appendix C (continued)

OO 127 9307 FISH, WHITING FILLETS, frozen, skin-on or skinless, 1-1/3 oz ea min wt, US grade A, Fed PP-F-00381 (Army-GL), type II form III (1) (a) or (b)

OO 252 7669 FISH, HALIBUT STEAKS, frozen, 3 to 24 oz ea, US grade A, 5/8 in. thk, Fed PP-F-00381 (Army-GL), type II, form IV

OO 164 0463 FISH, SALMON STEAKS, Coho, Sockeye, or Chinook, frozen, 3 to 24 oz ea, US grade A, 5/8 in. thk, Fed PP-F-00381 (Army-GLO, type II, form IV

OO 582 4039 SHELLFISH, SHRIMP, RAW, PEELED, deveined, individually quick frozen, 26 = 31, 32 - 38, or 39 - 44 per lb, Fed PP-S-316, type I, class 3, style B

OO 127 8453 SHELLFISH, SHRIMP, RAW, UNPEELED, frozen, headless, US grade A, 21 - 25, 26 - 30, or 31 - 35 per lb, 5 lb box, Fed PP-S-316, type I, class 2, style A

OO 926 1599 LAMB, LEG, BONELESS (ROAST), oven-prepared, frozen, enclosed in stretchable netting, 4 to 9 lb, U.S. Choice Grade or better, USDA IMPS, Item No. 234A, class A, wt range A, B, and/or C

OI 044 7184 LAMB STEAK, FLAKED, FORMED, frozen, portion-cut, 4.5 to 5.5 oz ea, 0.6 to 0.9 in. thk, NLABS PD 398

OO 582 1345 PORK, LOIN, BLADELESS, frozen, 10 to 19 lb, USDA IMPS, Item No. 411, selection 2 or better, wt range A, B, and/or C

OO 965 2128 CHICKEN, frozen, broiler or fryer, ready-to-cook, 9 piece cut, w/o backs, necks, and giblets, US grade A, 2-1/2 to 3-1/4 lb, 15 lb max intermediate box, Fed PP-C-248, type IV, class 1 style 4

OO 126 3416 CHICKEN, frozen, broiler or fryer, ready-to-cook, whole, US grade A, 2-1/2 to 3-1/4 lb, Fed PP-C-248, type II, III, or IV, class 1, style 1

OO 543 7333 TURKEY, frozen, ready-to-cook, whole, US grade A, young hen 12 lb min wt, young tom 16 to 24 lb, Fed PP-T-791, type II, III, or IV, class 2 or 3, style 1

OO 582 4042 TURKEY, BONELESS, frozen, cooked, encased (w/o skin covering) round, w/seasoning and salt, Fed PP-T-1823, type IV, condition A, class 1

OO 262 7274 TURKEY, BONELESS, frozen, raw, molded or raw roll tied or netted (w/skin covering), w/seasoning and salt, Fed PP-T-1823, type I or II style A or B, condition A, class 1

OO 139 8481 VEAL STEAK, FLAKED, FORMED, BREADED, frozen, portion-cut, 5 to 6 oz ea breaded, 0.4 to 0.6 in. thk unbreaded, NLABS PD 393A

Appendix C (continued)

National Stock
Number

Description

FSC Class 8910
Dairy Foods and Eggs

00 082 6205	CHEESE, AMERICAN, PROCESSED, pasteurized, 5 lb loaf, Fed C-C-291, type I, style C
00 656 0993	CHEESE, AMERICAN, PROCESSED, SLICED, pasteurized, individual serving slices, 3 to 5 lb pg, Fed C-C-291, type I, style B
00 125 8440	CHEESE, CHEDDAR, NATURAL, fresh, medium cured, or aged, flat or twins, daisies or triplets, blocks or loaves, rind or rindless type, grade AA or A, Fed C-C-271, class 1, 2, or 3, style (b), (c), or (f), size (3), (5), or (6)
00 126 3406	CHEESE, COTTAGE, large or small curd, grade A or B, Fed C-C-281, group I or II, subgroup (a) or (b), type III, style a or b
00 782 2837	CHEESE, MOZZARELLA, NATURAL, 5 to 20 lb, MIL-C-35088, type I, class 4, size 1, 2, or 3
00 043 3198	EGGS, SHELL, fresh or shell protected fresh, medium of larger, consumer grade A, 30 dozen box, FED C-E-271, condition 1 or 2
00 043 3200	EGGS, SHELL, fresh or shell protected fresh, large, consumer grade A, 30 dozen box, Fed C-E-271, condition 1 or 2
01 091 7209	MILK, NONFAT, DRY, conventional, low heat, 4 lb, no. 10 size can, general purpose use, Fed C-M-350, type I, style C
00 577 4118	MILK, NONFAT, DRY, instantized, w/o vitamins, 1 lb can, Fed C-M-350, type II, style C, class 1
00 616 0151	MILK, NONFAT, DRY, instantized, w/o vitamins, 3 lb can, Fed C-M-350 type II, style C, class 1

FSC Class 8915
Fruits, Juices, Nectar, and Vegetables

00 126 8812	APPLES, FRESH, eating, US fancy grade, US no. 1 grade, or US No. 1 early grade, $2\frac{1}{2}$ in. min dia and larger, w/max of 15% $2\frac{1}{2}$ in. dia, Fed Y-F-1741/1
01 088 8749	APPLES, FRESH, eating, red, US fancy grade, US no. 1 grade, or US no. 1 early grade, $2\frac{1}{2}$ in min dia and larger, w/max of 15% $2\frac{1}{2}$ in. dia, Fed Y-F-1741/1

Appendix C (continued)

01 076 8439	APPLES, FRESH, eating, yellow, US fancy grade, US no. 1 grade, or US no. 1 early grade, 2- $\frac{1}{2}$ in. min dia and larger, w/max of 15% 2- $\frac{1}{2}$ in. dia, fed Y-F-1741/1
00 126 8748	BANANAS, FRESH, no. 1 grade, Fed Y-F-1741/3
00 143 0911	BLUEBERRIES, FROZEN, individually quick frozen, w/o packing medium or coating, US grade A or B, 20 or 30 lb polyethylene bag, Fed Z-F-1743/2, type of pack (f) (1)
00 143 0981	BOYSENBERRIES, FROZEN, individually quick frozen, w/o packing medium or coating, US grade A or B, 20 or 30 lb polyethylene bag, Fed Z-F-1743/2, type of pack (f) (1)
00 126 8801	CANTALOUPE, FRESH, US no. 1 grade, 27 to 45 size, Fed HHH-V-1744/9
00 127 1875	CASABA MELONS, FRESH, US Standards for Grades of Honeydew and Honeyball Melons, 6 to 12 size, Fed HHH-V-1744/20
00 127 7267	CRANBERRIES, FRESH, US no. 1 grade, Fed Y-F-1741/7
00 616 0198	GRAPEFRUIT, FRESH, US no. 1 grade, 54 to 80 count, Fed Y-F-1741/8
00 616 0209	GRAPES, FRESH, US no. 1 table grade, Fed Y-F-1741/9, type 1 or 2
00 170 9871	HONEYBALL MELONS, FRESH, US no. 1 grade, Fed HHH-V-1744/20
00 127 4360	HONEYDEW MELONS, FRESH, US no. 1 grade, Fed HHH-V-1744/20
00 582 4071	LEMONS, FRESH, US no. 1 grade, 14Q, 165, 200, or 235 size, Fed Y-F-1741/10
00 126 8804	ORANGES, FRESH, any variety except Temple, US no. 1 grade, 56 to 125 count, Fed Y-F-1741/13
00 616 0211	ORANGES, FRESH, Temple, US no. 1 grade, 72 to 96 count, Fed Y-F-1741/13
00 126 8805	PEARS, FRESH, summer, fall, or winter type, US no. 1 grade, size 100 to 150, Fed Y-F-1741/15
00 126 8745	PERSIAN MELONS, FRESH, US Standards for Grades of Honeydew and Honeyball Melons, 6 to 12 size, Fed HHH-V-1744/20
00 403 8534	PINEAPPLE, CANNED, chunks or tidbits, natural juice pack, US grade A or B, no. 2 size can, Fed Z-F-1742/23, style II or III
00 170 5127	PINEAPPLE, CANNED, chunks or tidbits, natural juice pack, US grade A or B, no. 10 size can, Fed Z-F-1742/23, style II or III

Appendix C (continued)

00 410 8421	PINEAPPLE, CANNED, crushed, natural juice pack, US grade A or B, no. 2 size can, Fed Z-F-1742/23, style IV(a)
00 127 7262	PINEAPPLE, CANNED, crushed, natural juice pack, US grade A or B, no. 10 size can, Fed Z-F-1742/23, style IV(a)
00 170 5150	PINEAPPLE, CANNED, medium whole slices, natural juice pack, US grade A or B, no. 2 size can, Fed Z-F-1742/23, style I
00 170 5148	PINEAPPLE, CANNED, medium whole slices, natural juice pack, US grade A or B, no. 10 size can, Fed Z-F-1742/23, style I
00 582 4054	PRUNES, DRIED, French type, 30 to 40, 40 to 50, or 50 to 60 per lb, 1 lb box, w/demonstrated commercial market acceptability (ADCoP)
00 127 7266	STRAWBERRIES, FRESH, US no. 1 grade, Fed Y-F-1741/19
00 255 0523	JUICE, TOMATO, CANNED, single strength, US grade A, no. 3 cylinder size can, Fed JJJ-V-1746/8, type I
00 616 4817	BEANS, GREEN, CANNED, flat or round, whole, French style or cut, US grade A or B, no. 303 size can, Fed JJJ-V-1746/2, type I, style I, IV, or V, size 1 thru 6, type II, style I, IV, or V, size 2 thru 6
00 616 4820	BEANS, GREEN, CANNED, flat or round, whole, French style or cut, US grade A or B, no. 10 size can, Fed JJJ-V-1746/2, type I, style I, IV, or V, size 1 thru 6, type II, style I, IV, or V, size 2 thru 6
00 128 1176	BEANS, GREEN, FROZEN, round, cut, 1 in. min cut lg, US grade A or B, 2 to 5 lb pg, Fed HHH-V-1745/2, type I, style III
00 162 9878	BEANS, GREEN, FROZEN, round, French style, US grade A or B, 2 to 5 lb pg, Fed HHH-V-1745/2, type I, style II
00 616 4816	BEANS, WAX, CANNED, flat or round, whole, French style or cut, US grade A or B, no. 303 size can, Fed JJJ-V-1746/2, type I, style I, IV, or V, size 1 thru 6, type II, style I, IV, or V, size 2 thru 6

Appendix C (continued)

00 616 4818	BEANS, WAX, CANNED, flat or round, whole, French style or cut, US grade A or B, no. 10 size can, Fed JJJ-V-1746/2, type I, style I, IV, or V, size 1 thru 6, type II, style I, IV, or V, size 2 thru 6
00 616 4819	BEANS, WAX, FROZEN, round, cut, 1 in. min cut lg, US grade A or B, 2 to 5 lb pg, Fed HHH-V-1745/2, type I, style III
00 132 7754	BEETS, CANNED, whole or slices, US grade A no. 303 size can, Fed JJJ-V-1746/4, style I, small, size 3 or 4, or style II, small or medium or any combination thereof
00 127 8835	BEETS, CANNED, whole or slices, US grade A, no. 10 size can, Fed JJJ-V-1746/4 style I small, size 3 or 4, or style II, small or medium or any combination thereof
00 616 0194	CABBAGE, FRESH, Danish, domestic, pointed, or savoy, 1- $\frac{1}{2}$ to 5 lb, US no. 1 grade, Fed HHH-V-1744/8
00 127 8019	CARROTS, FRESH, topped, US no. 1 grade and US no. 1 jumbo grade, Fed HHH-V-1744/10
00 252 3783	CELERY, FRESH, Pascal, washed, US no. 1 grade, 24 to 48 size, not packaged individually, Fed HHH-V-1744/12
00 926 4925	CELERY, FRESH, Pascal, washed, US no. 1 grade, 24 to 48 size, packaged individually, Fed HH-V-1744/12
00 127 8018	CORN, FROZEN, golden, whole kernel (or whole grain), US grade A or B, 2 to 5 lb pg, Fed HHH-V-1745/8, style I, color (a)
00 252 3788	CUCUMBERS, FRESH, US fancy or US no. 1 grade, Fed HHH-V-1744/14
00 127 7983	EGGPLANT, FRESH, US fancy or US no. 1 grade, Fed HHH-V-1744/15
00 127 8904	ENDIVE, FRESH, US no. 1 grade, Fed HHH-V-1744/16, kind 1
00 127 8905	ESCAROLE, FRESH, broad-leaved, US no. 1 grade, Fed HHH-V-1744/16, kind 2
00 149 1571	GARLIC DEHYDRATED, granulated, w/added anticaking agent, 12 oz glass jar, Fed JJJ-)-1866, type II
00 823 7663	GARLIC, DRY, topped, white or red skinned, US no. 1 grade, US standards for Grades of Garlic
00 117 3358	LETTUCE, FRESH, Iceberg, US no. 1 grade, 1- $\frac{1}{2}$ or 2 dozen size, not packaged individually, commercial packing, Fed HHH-V-1744/19
00 616 0191	LETTUCE, FRESH, Iceberg, US no. 1 grade, 2 dozen size, not packaged individually, Fed HHH-V-1744/19
00 926 4926	LETTUCE, FRESH, Iceberg, US no. 1 grade, 2 dozen size, packaged individually, Fed HHH-V-1744/19

Appendix C (continued)

OO 164 4161	LETTUCE, FRESH, table ready, chopped, coarse, Fed HHH-V-1867/3, style II
OO 164 4160	LETTUCE, FRESH, table ready, whole head, core removed, Fed HHH-V-1867/3, style I
OO 551 0340	MUSHROOMS, CANNED, white, sliced whole, sliced button, or random sliced whole, US grade A or B, 8Z mushroom size can, Fed JJJ-V-1746/9, type II, style B, D, or F
OO 935 6629	MUSHROOMS, CANNED, white, stems and pieces, US grade A or B, jumbo size can, Fed JJJ-V-1746/9, type II, style E
OO 252 3785	OKRA, FROZEN, cut, US grade A or B, 2 to 5 lb pg, Fed HHH-V-1745/10, style II
OO 616 0200	ONIONS, DRY, any variety except Sweet Spanish, US No. 1 grade, 2 in. min dia for 70% or more, Fed HHH-V-1744/40
OO 228 1947	ONIONS, DRY, peeled, whole, ready-to-use, Fed HHH-V-1867/4, style (a)
OO 127 7999	ONIONS, GREEN, fresh, medium, US no. 1 grade, $\frac{1}{2}$ to 1 in. dia, Fed HHH-V-1744/23
OO 975 0530	PARSLEY, DEHYDRATED, 1- $\frac{1}{2}$ oz can, MIL-P-35090
OO 127 8922	PARSLEY, FRESH, foilage, curly-leaf, US no. 1 grade, Fed-HHH-V-1744/24
OO 127 9285	PEAS, CANNED, early or sweet, US Grade A or B, no. 303 size can, Fed JJJ-V-1746/13, type I or II, size 1, 2, 3, 4, 5, 6, or 7, or combination thereof
OO 127 8021	PEAS, FROZEN, US grade A or B, 2 to 5 lb pg, Fed HHH-V-1745/14
OO 616 0222	PEPPERS, SWEET, FRESH, green, California Wonder variety, bell or bullnose type, US fancy grade, 3 in. min dia (for stuffing), Fed HHH-V-1744/28
OO 127 8006	PEPPERS, SWEET, FRESH, green, California Wonder variety, bell or bullnose type, US no. 1 grade, 2- $\frac{1}{2}$ in. min dia. Fed HHH-V-1744/28
OO 081 0856	PEPPERS, SWEET, FROZEN, green, diced, US grade A or B, 2 to 5 lb pg, Fed HHH-V-1745/15, type I, style E
OO 292 9266	PIMIENTOS, CANNED, red, whole, whole and pieces, or pieces, US grade A, 7 oz can, Fed JJJ-V-1746/14, style I, II, or III, type A
OO 935 6371	PIMIENTOS, CANNED, red, whole, whole and pieces, or pieces, US grade A, no. 2- $\frac{1}{2}$ size can, Fed JJJ-V-1746/14, style I, II, or III, type A

Appendix C (continued)

00 634 2441 POTATOES, SWEET, CANNED, whole or whole and pieces, vacuum pack, US grade A, no. 3 vacuum size can, Fed JJJ-V-1746/15, style I or II, type (b)

00 252 5954 POTATOES, SWEET, FRESH, dry or moist, US extra no. 1 or US no. 1 grade, 1-3/4 to 3-1/4 in. dia, Fed HHH-V-1744/29

00 543 7673 POTATOES, WHITE, CANNED, whole, medium or small, US grade A, no. 303 size can, Fed JJJ-V-1746/16, style I, size 2 or 3

00 127 9677 POTATOES, WHITE, CANNED, whole, medium or small, US grade A, no. 10 size can, Fed JJJ-V-1746/16, style I, size 2 or 3

00 252 8245 POTATOES, WHITE, FRESH, not more than moderately skinned, long, for baking, US extra no. 1 or US no. 1 grade, 8 to 12 oz ea, Fed HHH-V-1744/30

00 226 4349 POTATOES, WHITE, FRESH, not more than moderately skinned, long or round, US no. 1 grade, size A, 2 in. min dia, 16 oz max ea, 50 lb container, Fed HHH-V-1744/30

00 616 0220 POTATOES, WHITE, FRESH, not more than moderately skinned, long or round, US no. 1 grade, size A, 2 in. min dia, 16 oz max ea, 100 lb bag, Fed HHH-V-1744/30

00 228 1945 POTATOES, WHITE, FRESH, peeled, diced, US grade A, Fed HHH-V-1867/6, style (e)

00 228 1946 POTATOES, WHITE, FRESH, peeled, French style, US grade A, Fed HHH-V-1867/6, style (f)

00 149 1356 POTATOES, WHITE, FRESH, peeled, hash brown cut, US grade A, Fed HHH-V-1867/6, style (g)

00 456 6111 POTATOES, WHITE, FRESH, peeled, whole, US grade A, Fed HHH-V-1867/6, style (a)

00 616 0027 RADISHES, FRESH, red, topped, medium or small, US no. 1 grade, Fed HHH-V-1744/31

00 401 8479 RADISHES, FRESH, red or white, whole, ready-to-use, Fed HHH-V-1867/7

00 274 3829 ROMAINE, FRESH, US no. 1 grade, Fed HHH-V-1744/33

00 127 9663 RUTABAGAS, FRESH, topped, US no. 1 grade, 3 to 6 in. dia, Fed HHH-V-1744/38

Appendix C (continued)

00 584 2798	SQUASH, FRESH, fall or winter type, variety and size as requisitioned, US no. 1 grade, Fed HHH-V-1744/36
00 582 4065	SQUASH, FRESH, summer type, variety and size as requisitioned, US no. 1 grade, Fed HHH-V-1744/36
00 616 0229	SQUASH, FROZEN, sliced, summer type, (Yellow Crookneck, Early Yellow Straighneck, or Zucchini), US grade A or B, 2 to 5 lb pg, Fed HHH-V-1745/19, type II, style (a)
00 221 0361	TOMATOES, CANNED, whole, almost whole, large pieces, or combination thereof, US grade A or B, no. 303 size can, Fed JJJ-V-1746/20, type I
00 582 4060	TOMATOES, CANNED, whole, almost whole, large pieces, or combination thereof, US grade A or B, no. 10 size can, Fed JJJ-V-1746/20, type I
00 582 4059	TOMATOES, FRESH, US no. 1 grade, 2- $\frac{1}{2}$ in. min dia, Fed HHH-V-1744/37
00 143 0978	TOMATOES, FRESH, cherry, US no. 1 grade, 12 oz container, Fed HHH-V-1744/37
00 582 4058	TOMATO PASTE, liquid from mature tomatoes or residual tomato material from canning, heavy, medium, or light concentrate, coarse or fine texture, US grade A, 12 oz can, Fed JJJ-V-1746/22, type I or II, concentration (b), (c), or (d), texture (1) or (2)
00 127 9303	TOMATO PASTE, liquid from mature tomatoes or residual tomato material from canning, heavy, medium, or light concentrate, coarse or fine texture, US grade A, no. 2- $\frac{1}{2}$ size can, Fed JJJ-V-1746/22, type I or II, concentration (b), (c), of (d), texture (1) or (2)

Description
 FSC Class 8920
 Bakery and Cereal Products

01 079 1582	CEREAL, ROLLED OATS, quick-cooking, 18 oz box, w/demonstrated commercial market acceptability (ADCoP)
00 140 7748	FLOUR, WHEAT, general purpose (not for bread), bleached, enriched, 10 lb bag, Fed N-F-481, type III, class B, style 2
00 140 7749	FLOUR, WHEAT, general purpose (not for bread), bleached, enriched, 50 lb bag, Fed N-F-481, type III, class B, style 2

Appendix C (continued)

00 782 2129	LASAGNA (noodles), curl or flat form, regular cooking, enriched, Fed N-M-51, group IV, type A, class 2, style a, form vi or vii
00 126 3388	NOODLES, egg, straight, form, regular cooking, enriched, 5 lb box, Fed N-N-591, type I, class B
00 530 2185	RICE, PARBOILED, long grain, enriched, US no. 1 grade or US no. 2 grade (except that not more than 0.5% by wt red rice and damaged kernels will be permitted), (special grades - parboiled light or parboiled), 10 lb bag, Fed N-R-351, class I
01 031 9147	RICE, PARBOILED, medium grain, enriched, US no. 1 grade or US no. 2 grade (except that not more than 0.5% by wt red rice and damaged kernels will be permitted), (special grades - parboiled light or parboiled), 10 lb bag, Fed N-R-351, class II
00 125 9441	SPAGHETTI, long form, regular cooking, enriched, 10 lb box, Fed N-M-51, group II, type A, class 2, style a, form i
01 025 3736	STARCH, EDIBLE, modified, uncooked type, 50 lb bag, Fed N-C-541, type III
00 160 6165	STARCH, EDIBLE, cornstarch, 1 lb box, high commercial grade w/demonstrated commercial market acceptability (ADCoP)

Description
FSC Class 8935
Bouillons and Soups

00 234 6217	SOUP AND GRAVY BASE, instant, beef, flavored, no. 2- $\frac{1}{2}$ size can, Fed EE-B-575, type I, class 1, style A
00 543 7789	SOUP AND GRAVY BASE, instant, chicken flavored, no 2- $\frac{1}{2}$ size can, Fed EE-B-575, type II, class 1, style A

Appendix C (continued)

	Description
	FSC Class 8940
	Dietary Foods and Food Specialty Preparations
00 267 1942	APRICOTS, CANNED, halved, peeled, dietetic water pack, Grade A or B
00 267 1938	PEACHES, CANNED, halves, dietetic water pack, US grade A or B
00 267 1939	PEARS, CANNED, halves, dietetic water pack, US grade A or B
01 127 6888	PEAS, CANNED, dietetic pack, no. 303 size can, w/demonstrated commercial market acceptability (ADCoP)
00 267 1941	PINEAPPLE, CANNED, whole slices, dietetic water pack, US grade A or B
01 127 6889	SOUP AND GRAVY BASE, beef, low sodium, 13- $\frac{1}{2}$ oz can, w/demonstrated commercial market acceptability (ADCoP)
01 127 6890	SOUP AND GRAVY BASE, chicken, low sodium, 13- $\frac{1}{2}$ oz can, w/demonstrated commercial market acceptability (ADCoP)
00 082 3051	SUGAR SUBSTITUTE, granulated, non-nutritive, 1000 3/4 to 1 gm pgs per box, w/demonstrated commercial market acceptability (ADCoP)
00 267 1934	TUNA, CANNED, white or light meat, flaked, dietetic water pack, w/o added salt or oil, 7 oz can

National Stock
Number

Description

FSC Class 8950
Related Products

01 008 7560	SALT, TABLE, iodized, fine granulated or evaporated, 1000 1.13 gm pgs per intermediate container, 6 intermediate containers per shipping box, Fed SS-S-31
01 079 3978	VINEGAR, cider or distilled, 50 grain strength, 32 fluid oz glass bottle, w/demonstrated commercial market acceptability (ADCoP)
01 079 6945	VINEGAR, wine, red or white, 50 grain strength, 32 fluid oz glass bottle, w/demonstrated commercial market acceptability (ADCoP)

<u>National Stock Number</u>	<u>Description</u>
	FSC Class 8950 Spices and Herbs
00 170 9562	ALLSPICE, GROUND, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type II
00 404 6066	BASIL, SWEET, GROUND, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type II
00 170 9561	BAY LEAVES, WHOLE, 1 to 2 oz metal can, Fed EE-S-631, type I
00 616 5488	CELERY SEED, WHOLE, 3 to 4 oz metal can, Fed EE-S-631, type I
00 170 9573	CINNAMON, GROUND, 3 to 4 oz metal can, Fed EE-S-631, type IIA, IIB, or IIC
00 127 8049	CINNAMON, GROUND, 1 lb metal can, Fed EE-S-631, type IIA, IIB, or IIC
00 170 9571	CLOVES, GROUND, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type II
00 170 9572	CLOVES, WHOLE, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type I
00 149 1368	DILL WEED, WHOLE, 3 to 4 oz metal can or glass bottle, Fed EE-S-631, type I
00 616 5484	GINGER, GROUND, 3 to 4 oz metal can or glass bottle, Fed EE-S-631, type II
00 170 9568	MACE, GROUND, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type II
00 616 5487	MARJORAM, WHOLE, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type I
00 170 9567	MUSTARD, FLOUR, 3 to 4 oz metal can or glass bottle, for use in recipes specifying mustard, dry or ground, Fed EE-S-631, type III
00 127 8047	NUTMEG, GROUND, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type II
00 582 1402	OREGANO, GROUND, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type II
01 079 6942	PAPRIKA, GROUND, 3, 4, or 5 oz glass bottle, w/demonstrated commercial market acceptability (ADCoP)
00 404 6067	ROSEMARY, WHOLE, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type I

Appendix C (continued)

00 080 5960	SAVORY, GROUND, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type II
00 080 5962	TARRAGON, GROUND, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type II
00 616 5483	THYME, GROUND, 1 to 2 oz metal can or glass bottle, Fed EE-S-631, type II